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THE BOOK OF  
VIGOR, BEAUTY,  
& ELEGANCE,



THE  
SCIENCE & ART  
of DRESSING  
WITH TASTE.

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NEW-YORK:  
HURST & CO., PUBLISHERS.





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THE BOOK OF

# BEAUTY, VIGOR AND ELEGANCE,

SHOWING HOW TO ATTAIN

STRENGTH OF LIMBS, CLEARNESS OF COMPLEXION,  
AND PLUMPNESS AND SUPPLENESS OF FORM,

WITH PLAIN AND AMPLE DIRECTIONS ABOUT

BATHING, EXERCISE AND DIET,

ALSO INCLUDING

THE WHOLE ART AND SCIENCE OF DRESSING WITH  
TASTE, ELEGANCE AND ECONOMY.

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## PERSONAL BEAUTY.

The art of looking one's best is not easily acquired. Close study, some knowledge and good natural taste, are necessary for even beauty to display itself to the greatest advantage. What has been written about "beauty unadorned" being "adorned the most," is only true in a limited sense. Beauty must make the most of itself, by bringing art to the aid of nature, and—which is more important still—it must take the necessary steps for its preservation.

It is to the toilet that beauty resorts for these purposes. There, also, the less favored find the means of simulating the charms they do not naturally possess; and though the sterner sex are not supposed to "sacrifice to the Graces," a modern Valentine would, without attention to the toilet, soon degenerate into a veritable Orson.

Every lady owes it to herself to be fascinating; every gentleman is bound, for his own sake, to be presentable; but beyond this there is the obligation to society, to one's friends, and to those with whom we may be brought in contact. If I request a lady to honor me by accompanying me to a Lecture, and she presents herself with tumbled hair, a questionable face, an ill-chosen dress, badly fitting gloves, and an atmosphere of cheap and offensive perfumes, she does me a positive wrong; she becomes an infliction which I have no right to suffer. So again, if I make an appointment with a gentleman to walk in the Park with him, and he appears in the condition of a man who has slept

in a stable, with shaggy hair and beard, creased clothes, soiled linen, and with an odor of stale tobacco pervading him, I have a right to resent it as an affront. Duty, therefore, has even more to do with attention to the toilet than vanity; we owe it to ourselves, and we owe it to others, to turn our personal attractions to the very best account, and to preserve every agreeable quality we may have been endowed with to the latest period of our respective lives.

#### BATHING.

Without proper attention, to bathing, it is impossible either to preserve beauty, or to regain it when lost. Much of the predisposition to catarrh consumption and diseases of the throat in this country is doubtless due to want of daily ablutions in cold or tepid water. There is nothing that will harden the frame and enable it to successfully withstand the changes of our variable climate, surer than the daily bath.

When we know that the skin is constantly throwing off fine dust-like scales, and that these, blending with other foreign matter, stop up the pores, and so prevent the skin from performing its natural functions, it is quite clear that constant bathing is necessary to preserve the health of the body.

#### HOW TO TAKE A BATH.

On rising in the morning, if the sponge be used for ablution, the body should be divested of the garments worn during the night, and the skin fully exposed to the atmosphere of the dressing-room. The body should then be well sponged over the whole of its surface, and immediately rubbed dry with rough towels. Let not the delicate lady fear this—her skin will be improved by the friction. If cold water be used, and it produce a feeling of heat—or, more correctly speaking, a glow all over the body—affording a sensation of pleasurable warmth, the cold water should have the preference; but if, after its use, there is a feeling of chilliness and languor, the skin has not power to react, and the water should be lukewarm. After the body has been rubbed dry, friction should be applied with a flesh brush, and the whole person enveloped, so long as convenience requires it, in a flannel wrapper. For delicate females, especially young girls showing a predisposition to pulmonary consumption, a ball of flannel may



be substituted for the flesh-brush; though when this latter is used, I would recommend its being sufficiently hard and strong to red-den the skin, and remove the epidermal scales.

In using the shower-bath, if the hair is not to be wetted, a cap, made of oil-skin, must cover the head. When cold water agrees with the bather, producing by reaction a pleasurable glow upon the skin, the shower-bath is by far preferable to any other mode of daily general ablution. In taking it, the whole surface of the body receives the water almost at the same instant. Previously to entering the bath, the feet should be put into dry slippers used for no other purpose, or else a dry board should be placed for the bather to stand upon as he receives the water, a precaution to prevent the feet from being wetted before the water falls upon the head.

This description of bath is excellent for persons subject to determination of blood to the head. When any such use it, the bare head should be exposed to the contact of the cold water, while the feet are immersed in warm water, filling the bottom or floor of the bathing apparatus. The use of the warm water is to cause expansion of the blood-vessels of the feet, which greatly assists the ordinary effect of the cold water in restoring the equilibrium of the circulation.

If the cold water does not produce a glow upon the skin, but chilliness and languor of body, and the shower-bath is preferred to the sponge, the temperature of the water must be raised; and, according to circumstances, a tepid or lukewarm shower-bath resorted to. In winter, when frost is prevalent, or the atmosphere raw and damp, even those who take the cold water shower-bath, should not use it at a lower temperature than 50 deg. Fahrenheit.

Friction with coarse towels until the body is dry, and then friction with the flesh-brush, are as necessary a sequel to the operation of the shower-bath, as to that of the sponge.

The body having thus received the contact of water succeeded by friction, the vascular action of the skin is so excited, as to resist every ordinary degree of cold. Thus, there is no danger of cold-catching during not only the remainder of the time occupied by the arrangements of the toilette, but during the ensuing twenty-four hours. If, on rising from the bed, there is moisture on the skin, no fear of catching cold need be entertained from the use

of the sponge, or the shower-bath, even during the existence of such perspiration.

The surface of the body being thus washed and rubbed, there remain other parts to undergo a more formal sort of washing, in which soap is a necessary agent. Of these, the feet should be washed first. The water should be tepid, though some prefer it cold. This, in winter, is decidedly bad; and, in that season, immersion for a few minutes in water almost as cold as the air, may cause considerable injury. Each part of the body, as it is washed, should be dried with a course, in preference to a fine towel.

The morning ablutions which I have described, including the operations upon the face, hands, and other parts of the body, are not, however, wholly sufficient to keep the system in perfect health; a periodical washing of a different kind is needed. Once a week, a warm bath should be taken, about five or six degrees hotter than the body, and the whole surface of the body well rubbed with fine soap and flannel.

To make the skin supple and soft, or to restore it to a proper condition, if rough,—to free it, in short, from those impurities which are often the consequence of neglecting this organ, and charge loveliness of feature, and beauty of form, with unseemly cutaneous eruptions, it may be rubbed with the following preparation instead of soap: Boil in soft water a dozen pounds of barley-meal and four pounds of bran, until the whole is of the consistence of thick cream. When this is washed off, almond paste may be used, and the second bath resorted to immediately. For ordinary periodical bathing, however, one bath, and a good soaping, are quite sufficient.

After leaving the bath, the skin must be well and strongly rubbed with coarse, warm towels. If the flesh-brush has been used after the ablutions of the morning, it need not succeed the warm bathing.

It is surprising to observe the effect of these warm baths on the complexion. Besides the beauty and suppleness which they produce in the skin, they bring back the bloom of youth to those from whom it has departed, or is fast departing. But the most important advantage derived from them is, the strength and tone which they impart to the whole frame. The entire system is invigorated, and the skin brought to a condition which enables it

to resist any degree of cold. The fear, therefore, entertained by many of catching cold on leaving the warm bath, is groundless ; and I am convinced, that a healthy person might leave a warm bath at 95 deg. and receive without injury, the contents of a shower-bath at 50 deg., and indeed much lower.

Washing with cold water, in the manner described for the morning ablutions, should never be practised after muscular exercise. When fatigued by such exercise, recourse should be had to the warm bath, which will afford immediate relief, by relaxing the stiffened muscles, and restoring tone to the skin.

If the practice I have indicated were universally pursued, the tendency of Americans to "catch cold" would diminish, ladies would no longer fear to encounter the air of their dressing-rooms, and many a fair flower would be preserved which is now nipped during its early blossom by the ruthless hand of consumption, a disease much aggravated by the habits of life prevalent in this country.

#### THE COMPLEXION

For the preservation of the complexion, we give the following rules :

Rise early and go to bed early. Take plenty of exercise. Use plenty of cold water and good soap frequently. Be moderate in eating and drinking. Avoid as much as possible the vitiated atmosphere of crowded assemblies, and shun cosmetics and washes for the skin. Some of these are harmless, and for two of them we have given receipts elsewhere, but there are others in which there are mineral substances which are most injurious ; they dry up the skin, and only defeat the end they are supposed to have in view.

We may here mention that violet-powder, which is so much in use, should be avoided as much as possible, as it tends to make the skin rough and enlarge the the pores.

Moles are frequently a great disfigurement to the face, but they should not be tampered with in any way. The only safe and certain mode of getting rid of moles is by a surgical operation.

Freckles are of two kinds. Those occasioned by exposure to the sunshine, and consequently evanescent, are denominated "summer freckles ;" those which are constitutional and permanent are called "cold freckles "



With regard to the latter it is impossible to give any advice which will be of value. They result from causes not to be affected by mere external applications. Summer freckles are not so difficult to deal with, and with a little care the skin may be kept free from this cause of disfigurement.

Some skins are so delicate that they become freckled on the slightest exposure in the open air of summer. The cause assigned for this is, that the iron in the blood forming a junction with the oxygen, leaves a rusty mark where the junction takes place.

If this is so, the obvious cure is to dissolve the combination—for which purpose this course has been recommended. Prepare the skin, by spreading over it at night a paste composed of 1 oz. of bitter almonds, ditto of barley flour, and a sufficient quantity of honey to give the paste consistency. Wash off in the morning and during the day apply, with a camel-hair brush, a lotion compound thus: 1 drachm of muriatic acid,  $\frac{1}{2}$  pint of rain water, and a teaspoonful of lavender water, mixed.

The following remedies have also been recommended:—

1. At night wash the skin with elder-flower water, and apply an ointment—made by simmering gently—1 oz. of Venice soap, a  $\frac{1}{4}$  oz. of deliquated oil of tartar, and the same of oil of bitter almonds, when it acquires consistency of 3 drops of rhodium may be added. Wash the ointment off in the morning with rose water.

2. 1 oz. of alum, ditto of lemon juice, in a pint of rose water.

3. Scrape horseradish into a cup of cold sour milk, let it stand twelve hours, strain, and apply two or three times a day.

4. Mix' lemon juice, 1 oz., powdered borax, a  $\frac{1}{4}$  drachm, sugar,  $\frac{1}{2}$  a drachm, keep for a few days in a glass bottle, apply occasionally.

5. Another remedy is, muriate of ammonia,  $\frac{1}{2}$  a drachm, lavender water, 2 drachms, distilled water,  $\frac{1}{2}$  a pint; apply two or three times a day.

6. Into  $\frac{1}{2}$  a pint of milk squeeze the juice of a lemon, with a spoonful of brandy, and boil, skimming well; add a drachm of rock-alum.

There are various other discolorations of the skin, proceeding frequently from derangement of the system; the *cause* should always be discovered before attempting a remedy, otherwise you may increase the complaint instead of curing it.

Mr. Wilson recommends the following as good cerate for removing discoloration of the skin:—

“Elder-flower ointment, 1 oz., sulphate of zinc, 20 grains: mix well, and rub into the affected skin at night. In the morning wash it off with plenty of soap, and when the grease is completely removed, apply the following lotion:—Infusion of rose petals,  $\frac{1}{2}$  a pint, citric acid, 30 grains. All local discolorations will disappear under this treatment, and if the freckles do not entirely yield, they will, in most instances, be greatly ameliorated. Should any unpleasant irritation, or roughness of the skin, follow the application, a lotion composed of  $\frac{1}{2}$  a pint of almond mixture, and  $\frac{1}{2}$  a drachm of Goulard's extract, will afford immediate relief.”

Some further information on this subject will be found under the heading “Toilet Receipts,” at the end of this volume.

#### THE EYES.

Beautiful eyes are the gift of nature; but even those of the greatest beauty may owe something to the toilet, while those of an indifferent kind are often susceptible of improvement.

We entirely discountenance any tampering with the eye itself, with a view to giving it lustre or brightness. The sight has often been injured by the use of belladonna, preparations of the Calabar bean, eyebright, and other substances having a strong effect on the eyes.

But without touching the eye itself it is possible to give the effect of brightness, softness, &c., by means of the eyelids and eyelashes. Made-up eyes are by no means desirable, and to many are singularly displeasing; the same may be said of “made-up” faces generally. Some ladies are, however, persuaded that it adds to their charms to give their eyes a long almond shape, after the Egyptian type, while very many are persuaded that the eye is not seen to advantage unless its apparent size is increased by the darkening of the lids.

Both these effects are produced by means of what is termed kohl, a black powder, which may be procured at the druggist's, and is mixed with rose water, and applied with a camel hair brush.

Many ladies with light or red hair have recently adopted the singular idea of darkening the eyebrows and eyelids, under the

impression that it gives piquancy to the face. But though a blue eye peeping through a dark eyelash is often charming enough in nature, the effect is seldom good when artificially produced.

Long eyelashes are seldom preserved in this country after thirty years of age, because their growth is neglected. In females as well as in men, they constitute a beautiful feature and add greatly to the expression of the eyes and eyebrows. If examined through a magnifying glass, when they begin to decline, the extremities will be found split. If these extremities are clipped with scissors every six weeks, not only will the long eyelashes be preserved, but they will increase in strength, and assume the curve so becoming to a beautiful pair of woman's eyes. By this practice, long eyelashes may be obtained, even at an advanced period of life. In children, the extremity of each eyelash should be periodically cut, and the practice continued as they advance towards adult age. In performing this operation upon either adults or children, the extremity alone should be clipped, so that the eyelashes shall not be disfigured by being too short. As they increase in length from this clipping, they will acquire much greater strength; and if a magnifying glass could be applied at each operation, the split portion alone should be taken off, this being quite sufficient to promote a luxuriant growth.

When at a certain period of life, the eyelashes of a lady begin to appear weak and shorter than before the spring of youth was past, somewhat more than the extremities should be clipped off the first time they are cut; after this, the tips alone will be sufficient for the periodical operation of the scissors.

Dyeing them is another expedient for increasing their effect often resorted to. A good permanent black is all that is needed, and Indian ink serves the purpose as well as anything.

As an impromptu expedient to serve for one night—say while staying at a country house—a hair-pin held for a few seconds in the flame of a candle, and drawn through the lashes, will serve to color them well and with sufficient durability. We need scarcely add that the hair-pin must be suffered to grow cold before used, or the consequence may be that no eyelash will be left to color.

Good eyebrows are not to be produced artificially. It is possible, however, to prevent those which are really good from degenerating through neglect. When wiping the face dry after.



washing, pass a corner of the towel over the forefinger, and set the eyebrows in the form you wish them to assume. And when oiling the hair do not forget to oil the eyebrows also.

Many persons are troubled with their eyebrows meeting over the nose, or at least growing closer together than is consistent with beauty. In this case they often pluck out the hairs, but it does not get rid of them. That is only to be done by the use of a depilatory (see Toilet Receipts); but the consequence of using this is that a mark, like a scar left from a burn, remains, and is more disfiguring than the hair it has eradicated.

It is well to have on the toilet-table a remedy for inflamed eyes. Spermaceti ointment is simple and well adapted to this purpose. Apply at night, and wash off with rose water in the morning. Golden ointment will serve the like purpose. Or there is a simple lotion made by dissolving a very small piece of alum and a piece of lump sugar of the same size in a quart of water; put the ingredients into the water cold, and let them simmer. Bathe the eyes frequently with it.

Sties in the eye are irritating and disfiguring. Foment with warm water; at night apply a bread and milk poultice. When a white head forms, prick it with a fine needle. Should the inflammation be obstinate, a little citrine ointment may be applied, care being taken that it does not get into the eye, and an aperient should be tried.

#### THE HAIR.

One of the most admired ornaments of the person is the hair. So necessary is it considered to the perfection of female charms, that any loss or deterioration of this covering of the head impairs the beauty of women to such a degree that artificial locks are often added to those scantily furnished by nature, in order to give the proper effect to a set of beautiful features, which, without such aid, would be deprived of half their power. The appearance of a man, also, is greatly improved by a fine head of hair. Both sexes are liable, but the male in a much greater degree, to the loss of this ornament, which, under circumstances of ordinary occurrence, falls off, leaving the head partially, sometimes entirely, bald.

When the skin is in an unhealthy condition from bodily disease, caused perhaps by want of proper care, and arising there-

fore from this organ itself, the hair of the head will fall off. Fever most frequently produces this effect; so do habits of intemperance, dyspepsia, the effects of exposure to intense cold which the skin cannot resist, those also of a sedentary life, all combined with want of daily general ablution and skin-rubbing, and in many cases attended with want of exercise. The hair of men more commonly falls off than that of women; and they become bald, from the greater excitement of the brain which their pursuits occasion. Bald women are less frequently seen. It has been observed that agriculturists and laboring men, in good health, who exercise manual labor in the open air, retain their hair to a late period in life; whilst the man of science or literature, the merchant confined to his counting-house, the storekeeper, and the factory laborer, often become bald.

The oil constituting the coloring principle of the hair is, in many constitutions, secreted by organs so delicate that any disorder of body or mental affection will gradually put an end to their action, and by rapid degrees the hair turns first gray, then snow-white. Gray hair is very frequently seen among men scarcely emerged from the spring of manhood, when great excitement of the brain has been of habitual occurrence, either from mental labor, grief, anxiety of mind, or fear.

Nothing is simpler or better in the way of oil than pure, unscented Lucca salad oil, and, in the way of a pomatum, genuine bear's grease is as pleasant as anything. But we add one or two varieties of pomatum among our "Toilet Receipts."

Apply, either with the hand, or—and this is a cleaner and more efficacious plan—keep a soft brush for the purpose, but take care not to use the oleaginous substance too freely. An over-oiled head of hair is vulgar and offensive. It is as well also to keep a piece of flannel with which to rub the hair at night before brushing it, so that all the oil used in the day may be removed.

Vinegar and water forms a good wash for the roots of the hair; a solution of ammonia is often used with good effect for the same purpose. For removing scurf, glycerine diluted with a little rose-water will be found of service. Any preparation of rosemary forms an agreeable and highly cleansing wash.

The yolk of an egg, beaten up in warm water is a most nutritious application to the scalp.

A very good one is made in this way: Take an ounce of powdered borax and a small piece of camphor, and dissolve in a quart of boiling water; the hair must afterwards be washed in warm water.

Many heads of hair require nothing more in the way of wash than soap and water.

Mr. Erasmus Wilson gives the following receipt for strengthening the hair, and to prevent its falling off:—"Vinegar of cantharides, half an ounce; eau-de-cologne, one ounce; rose-water, one ounce." The scalp should be brushed briskly until it becomes red, and the lotion should then be applied to the roots of the hair twice a day.

Beware of letting the hair grow too long, as the points are apt to weaken and split. It is as well to have it cut once a month.

#### HOW TO RESTORE THE HAIR AND PREVENT BALDNESS.

Grey hair and baldness are two very prevalent conditions, and from the number of advertisements that are continually before the public relating to their cure, it must be a matter of great interest to the community, as well as one on which vast sums are spent to correct these defects.

When the hair drops from the head, the body cannot be in a condition of entire health. The first thing, therefore, to be done for the cure of baldness, or to prevent it when the hair has begun to fall off, is to bring the system into the most perfect condition. The skin and the stomach are the principal organs to be attended to, and the proper condition of the first insures, in all general cases, that of the latter. If baldness be only incipient, or the hair has only begun to drop, nature will sometimes cure the evil without further stimulus than the proper use of the brush. But if the baldness be of long standing, the skin of that part of the head which the hair has quitted must be much more highly excited, to bring to the part an increase of blood. This excitement must even be carried so far as to produce a certain degree of inflammation.

It has often been observed that after the head has been blistered, the hair will grow very luxuriantly; and that subsequently to such application, bald parts have been covered with hair. With this fact before them, it is surprising that medical men have not



directed their attention to the restoration of the hair, instead of exposing the public to the impositions practised, with their nostrums, by perfumers and hair-dressers. A young man, the patient of a London medical practitioner, lost by fever two patches of hair, one on each side of his head. The mother of the youth had a wash made to restore her son's hair. The medical practitioner, who has always evinced much professional philosophy, and is therefore very successful in his practice, begged the mother to allow him to try to redeem the hair on one patch, while she applied the wash to the other. The doctor crossed his patch all over with caustic potash—the mother applied the wash to hers. The irritation produced by the caustic potash made the hair grow on the doctor's patch, but that of the mother remained bare; the wash produced no more hair than Macassar Oil or Balm of Columbia would have done. The mother at length begged that the doctor would try his skill upon the patch which, under her efforts, still remained bald. In a few weeks from this period, the hair made its appearance, under the action of the potash.

A public functionary at Paris having become bald, from the crown of the head to the brow, in which state he remained between two and three years, had his hair completely restored by a pomatum made of the protochloride of copper, blended with hog's-lard. This was rubbed into the skin of the bald part, with a considerable degree of friction. In a few days, sores appeared wherever the pomatum had been applied. These were aggravated by a continued use of the remedy until the head was in a state of considerable inflammation. The application, though painful, was attended with complete success. As the inflammation subsided, and the skin approached its normal condition, hair began to cover the surface. It grew rapidly and luxuriantly, and he who had appeared bald was scarcely recognised by his acquaintance when they saw him with a well covered head of dark hair.

A medical friend and I analysed the pomatum. On this circumstance being communicated to the late celebrated surgeon, M. Dupuytren, he immediately concluded that the principle of action of the pomatum was simple irritation, there being no specific virtue for producing hair in the protochloride of copper, the use of which he considered dangerous. He was aware that a blister had often restored the hair to bald parts of the head,

and he, therefore, resolved to try a pomatum composed of strong tincture of cantharides and hog's-lard, taking care that the patient should be in the best possible state of health. In every case this pomatum appeared successful; but as its invention occurred only a short time prior to the death of this eminent surgeon, it was not followed up by the publication of any series of experiments. Besides, baldness is much less common in France than among us, and its prevention is not, therefore, a matter of such strong interest.

The pomatum is made by mixing with hog's-lard, in the same manner that rose-water is blended with the other fatty preparations in cold cream—that is, by long and energetic rubbing and beating in a mortar—as much tincture of cantharides as the lard will absorb. The tincture of cantharides must be made on purpose; and its strength triple that specified in the U. S. Pharmacopæia. When used, it should be rubbed twice a day on the bald part during five or six minutes, and continued even after the head becomes sore. During the period of its application, which should last two weeks at least, the operations of the toilette should be carried on as usual with regard to the hair that remains upon the head. If the bald part is covered during the day to conceal the effect of the pomatum, a very light scalp, or a thin cap full of holes, should be worn. But, generally speaking, it is far better to leave the head uncovered, and remain out of sight during a few weeks. If the skin of the head becomes so sore as to cause considerable uneasiness, a *very* little cold cream may be rubbed on it prior to going to bed. As the hair appears, the brush should be constantly used, gently at first, and stronger as the irritation caused by the ointment subsides. During this application, the diet should be simple, very little wine or other fermented liquor taken, and no ardent spirit in any form. The bowels should be kept open by taking every morning, ten minutes before breakfast, a drachm of Epsom salts, dissolved in half a pint of water. Should the operation of this medicine become too great, it may be discontinued for a day or two.

The above instructions, if strictly followed, will effect the cure of baldness in most cases where the patient is not too far advanced in years. When the hair begins to disappear, its falling off may be stopped and a proper tone given to the vessels that

nourish it, by rubbing once or twice on the roots a little of the above-described ointment of cantharides, subjecting it, at the same time, to the proper and regular discipline of the toilette, and attending to bodily health.

I believe there is no other mode of restoring the hair of the head than the one I have described. It demands great care, and will surely fail unless aided by temperance and cleanliness.

The causes of grey hair I have already explained. There is no preventive for this loss of color other than to avoid as much as possible those causes. When the coloring principle of the hair has once ceased to flow, it never flows again. It is like a fountain, the source of which is dried up. When grey hairs exist, therefore, in a young man, recourse must be had to dyes or washes. When the hair begins to change, when its color goes in patches, and so forth, procure from the perfumer's a preparation from the husk of the walnut, called walnut water or eau crayon. This will, by daily application, bring the hair to the tint you require, without absolutely dyeing it. When the change of color has gone on to a great extent, it is better to abandon the application, and to put up with the change, which, in nine times out of ten, will be in accordance with the change in the face.

The walnut water may be used for toning down red hair of a fiery nature.

Ordinary dyes are prepared from such ingredients as nitrate of silver, quicklime, sulphate of ammonia, &c. ; and as these are extremely dangerous, and difficult of use, because of staining the skin, we advise that, when used, a hairdresser should be called in to apply them ; but it is far better not to use them.

#### THE BEARD, &C.

The style of the hair on the face should be governed by the formation and contour of the face and head. The same style does not become all persons. Whatever the style be, the principal point is to keep it well brushed and trimmed, and avoid all appearance of wildness or inattention. The full flowing beard requires more care and looking after in the way of cleanliness than any other. It should be thoroughly washed and brushed twice a day, as dust is certain to accumulate in it, and thus become objectionable to oneself as well as others. As a general thing it is better to avoid the use of pomatums, oils, &c., on the beard.



## TO PROMOTE THE GROWTH OF THE BEARD.

Young men whose beards are backward in appearing, or are thin and scraggy, may find much benefit by attention to the following:

Shave the beard at least three times a week, and use the following as a stimulant—cologne 1 ounce, alcohol 1 pint, castor oil  $\frac{1}{2}$  pint, oil of cloves 20 drops, oil of bergamot 20 drops, tincture of cantharides 2 ounces.

## HOW TO SHAVE.

The first thing to be obtained is a good set of razors, which must, by practical experiment, be brought to fit the beard they are to operate upon. The best razors are those purchased of a cutler who has a reputation to preserve; they should never be obtained from a tradesman in another line of business, who cares not for his cutlery, which is made only a secondary branch of trade. It may possibly happen that a very common and cheap razor turns out good, nay, excellent; but for one such, fifty are bad.

A single pair of razors is not sufficient for the beard of a man, whatever it may be for the incipient down on the chin of an overgrown boy, whose object in shaving is to obtain that sign of manhood, which is frequently one of the most troublesome of its physical attributes. When a razor has been used for some time, it will lose its keenness without any evident cause; but if left unused during a month or two, its fine edge will return without any fresh setting or sharpening. No reason for this has yet been assigned, though the fact is known to every barber in the country. Three or four pairs of razors should be kept in constant use, and each razor brought into service not oftener than once in seven, eight, or nine days.

It is no easy matter to set razors properly; barbers and hairdressers, instead of imparting a fine edge, in most cases notch and spoil them. When razors require setting, they should be sent to a cutler; to the maker, in preference. Grinding should never be resorted to; a razor that requires such an operation is fit for nothing. The art of making these instruments has been brought to so great a degree of perfection, that, when really good,

they will scarcely ever require setting, if a proper razor-strop be daily used.

There is some art in properly stropping a razor; the blade must be laid perfectly flat upon the strop, and drawn across from heel to point; it must be turned by resting the back on the strop, and repeating the same operation on the other side of the blade, and so on alternately until the edge is given. If the blade lie not flat on the strop, the edge will be rounded, and the keenness diminished instead of increased; this also occurs when the razor, instead of being turned on the back, is turned on the edge.

I cannot advise whether it be best to shave with hot water or with cold; some beards are removed better with cold water, others with hot. Neither can I say whether or not it be expedient to dip the razor into hot water prior to shaving; the expansion of the metal by the hot water agrees with some beards, and disagrees with others. Each individual must therefore act as his experience dictates. In lathering, either a little lather may be made in a shaving-box, or the face may be with the brush, the soap rubbed upon it, and a lather raised by the brush upon the face. These modes of lathering are all equally effective. But I can add one recommendation which will facilitate easy shaving, under all circumstances. When the beard is well lathered, the soap should be washed off with either cold or warm water, according as either is habitually used by the person shaving, and the face wiped with a towel; the beard is then lathered a second time, and the razor applied, previously dipped, or not, into hot water. When the shaving is over, the razor should be wiped upon very soft linen, and well stropped.

Persons of tender skin suffer much from the operation of shaving. The best thing I know to relieve the heat of the razor is a little cold cream.

The beard, when of luxuriant growth, should be shaved every morning, on rising.

#### THE TEETH.

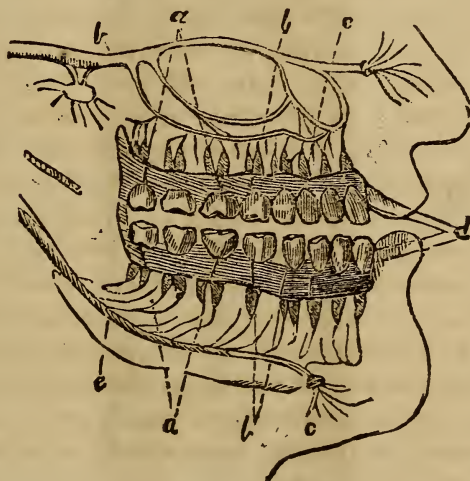
There is no more attractive ornament to the handsome features of a man or the lovely face of a woman, than a fine set of teeth; and there is no pain more acutely distressing than the tooth-ache.

“Keep your teeth perfectly clean” is the simple and all-important rule in respect to them.

Unless this rule is strictly observed unpleasantness and evil are sure to result—the teeth will be uncomfortable to yourself and unsightly to others; they will render your breath offensive, and you will be taking the surest means to secure their early and rapid decay.

The first step towards thorough cleanliness is to acquire a habit of washing them after each meal. Instead of using a toothpick—which is a disagreeable habit—on rising from table, retire and scrub the teeth, with a soft brush and pure water; this will remove particles of food, and give an agreeable feeling to the mouth.

The teeth should be cleaned every morning—and it is equally important that the tooth-brush should be used at night before retiring to rest; this ought never to be omitted.



THE TEETH AND THEIR NERVES.

Avoid hard brushes; they are injurious in every respect. Select those fine and soft, and with the hairs evenly and closely set. Cheap tooth-brushes are a mistake. To make up for the softness of the brush, use a little powder of some innocuous nature. It matters little whether warm or cold water is used—except that either extreme, warmth or coldness, is better avoided, as likely to result in toothache.

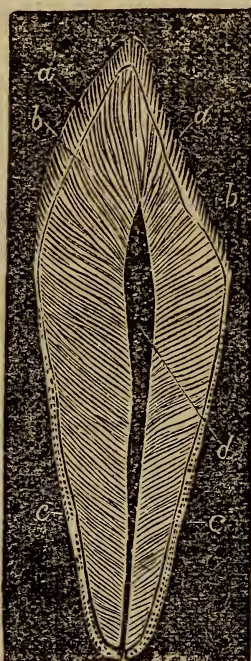
Use the brush so that not only the outside of the teeth is white, but the inside also; many a beautiful mouth will not bear looking into in this respect.



To keep the tooth-brush nice, adopt this plan: After use, plunge it two or three times into a glass of fresh water, pressing it against the sides, so as to get all traces of the powder out; after this, rub it quite dry on a towel, and put it aside.

On the slightest appearance of decay, it is best to go at once to a dentist.

If a dark spot appears under the enamel, that is, an indication of what is termed *caries*—neglect it, and the decay will eat in, until it reaches the centre, and great agony is the sure result. But if a dentist sees the tooth at the first stage, removes the decayed part, and plugs the cavity in a proper manner, no further mischief will result.



VERTICAL SECTION OF A TOOTH.

Tartar is not so easily dealt with, but it requires equally early attention. It results from an impaired state of the general health, and assumes the form of a yellowish concretion on the teeth and gums.

Not only should tartar be removed whenever it appears, but frequent brushing and cleaning of the teeth should prevent its

accumulation by not allowing it time to form,—a matter easy enough if the teeth are properly attended to, and involving more of minute attention than of actual trouble.

If tartar be suffered to accumulate upon the teeth—and it always so accumulates in the absence of tooth-brushes and tooth-powder—not only are they loosened and destroyed, but the gums also are corroded and reduced to a state of disease frequently mistaken for scurvy, even by medical men. I have seen several instances of mortification of the gums, where it was necessary to remove considerable pieces with the knife, arise solely from keeping the teeth uncleaned, and thereby favoring the accumulation of tartar. If this state of the teeth be allowed to continue, they are all at length inevitably destroyed, leaving the gums in an unsightly condition, with no other remedy left but to incase them in an artificial socket bearing a set of artificial teeth.

A dentist is always anxious to make “a clean mouth,” to effect which the scaling instruments are mercilessly employed, if nothing worse is done. The consequence of a first visit to a dentist is sure to be a second, succeeded by a great many others. The steel instruments are used on the most trivial occasions, dentifrices are given which ultimately destroy the enamel of the teeth, and the visits to the dentist end in the necessity of artificial teeth, which he of course supplies.

When the gums are not diseased, the tartar may be safely removed by the following process, which requires only proper care and attention. Those places where the concretion cannot be reached by the individual party whose teeth require cleaning, may be operated upon by another person.

A couple of sticks should be prepared about the size of small skewers, and pointed at one end. They must be of the hardest and toughest wood that can be obtained. One should be quite straight; the other should terminate by a small rectangular hook. The pointed extremity of the hook, as well as that of the straight stick, should receive a small bit of muslin, which must be tied on so as to end like a finely pointed pencil. When the tartar is to be removed, place upon the table a saucer containing a little muriatic acid; on one side of it place a basin of water, on the other a glass of water containing a dessert spoonful of spirits of hartshorn.

The patient must now be seated in a favorable position, unless he operate upon himself, when he must stand in a good light before a looking-glass. If the tartar be on the inside of the teeth, the hooked stick is used; if on the outside, the straight stick is the operating instrument.

The point of the stick is dipped into the muriatic acid, then immediately into the basin of water, where it remains a second. On taking it out, a jerk is given to remove the hanging drop, and the point of the instrument is rubbed upon the tartar, care being taken not to touch the enamel. When the tartar has been rubbed a little, which will bring off part of it, the mouth should be rinsed with the alkaline mixture in the tumbler. The stick is then dipped again into the acid, then into the water, and some more of the tartar got rid of. In a short time all the tartar will be removed without violence or danger to the teeth. When once these are freed from the concretion, care must be taken to prevent it from again accumulating; but if, in spite of all care, a speck appears which the brush and tooth-powder will not remove, recourse must again be had to the muriatic acid process.

In this operation I must candidly admit that, if performed carelessly, the enamel of the teeth may suffer, though, when proper attention is paid, there is not the slightest danger. The muriatic acid, diluted as it is with water, if brought for a short time in contact with the enamel, would corrode this substance, though not so rapidly as it dissolves the tartar: the alkaline solution must, therefore, be used very frequently, and the rubbing of the tartar never prolonged beyond a few seconds. Besides this, there must be upon the point of the stick no moisture that could run off. If the tartar be not of long standing, it may be removed by a more simple application of chlorine, which is the base of muriatic acid. Let the point of the stick be dipped into the concentrated solution of disinfecting chloride of soda. In this case, the stick need not be dipped in water except to wash it after each rubbing, but the mouth should be frequently rinsed with alkaline solution. The rubbing upon the tartar may, without danger, be also considerably prolonged.

Washing the teeth with vinegar, when the brush is used, has been recommended as a means of removing tartar.

About toothache, it is only necessary to point out that it results



from various causes, and that, therefore, it is impossible to give any general remedy for it. It may be occasioned by decay, by inflammation of the membrane covering the fang, or the pain may be neuralgic, or there may be other causes.

Relief in cases of decay may sometimes be obtained by the application of a drop or two of cresote, saturating a particle of wool, and thrust into the cavity with a needle.

Where there is inflammation, relief is often gained by applying camphorated chloroform, to be procured at the druggist's; this has often succeeded when laudanum and similar applications have entirely failed.

Neuralgia can only be attacked by means of an aperient, followed by doses of quinine or quinine pills. It often assails those whose teeth are perfectly sound—affecting the nerves, and it is always to be distinguished from the fact that the paroxysms of pain occur at regular intervals; quinine is the only effectual remedy.

Tenderness of the gums, to which some persons are subject, may sometimes be met by the use of salt and water, but it is well to rinse the mouth frequently with water, with a few drops of tincture of myrrh in it.

It may be added that foul breath, unless caused by neglected teeth, indicates a deranged state of the system. When it is occasioned by the teeth, or other local cause, use a gargle, consisting of a spoonful of solution of chloride of lime in half a tumbler of water. Gentlemen smoking, and thus tainting the breath, may be glad to know that the common parsley has a peculiar effect in removing the odor of tobacco.

#### CARE OF THE HANDS.

It is most important that the general health, well-being, and cleanliness of the hands should be properly looked after—they are so essential to our comfort, that anything that tends in any way to interrupt their functions is especially inconvenient.

In the first place, the hands should be kept scrupulously clean, and therefore should be very frequently washed—not merely rinsed in soap and water, but thoroughly lathered, and scrubbed with a soft nail-brush. In cold weather, the use of lukewarm water is

unobjectionable, after which the hands should be dipped into cold water, and very carefully dried on a fine towel.

Be careful always to dry the hands *thoroughly*, and rub them briskly for some time afterwards; not attending to this sufficiently, causes the hands to chap, crack, and become red,

Should the hands chap, rub a few drops of honey over them when dry, or anoint them with cold cream, or glycerine, before retiring to rest.

Some people are afflicted with chillblains on the hands, which are even more painful and difficult to cure than those on the feet. The following remedy is highly recommended:—

Make a mixture consisting of a fluid-ounce of tincture of capicum, and a fluid-ounce of tincture of opium. Sew the fingers in linen bandages, and dip them in the mixture twice or thrice a day. For other remedies, see “Toilet Receipts.”

Should you wish to make your hands white and delicate, you might wash them in hot milk and water for a day or two. On retiring to rest, rub them well over with some palm oil, and put on a pair of woollen gloves. The hands should be thoroughly washed with hot water and soap the next morning, and a pair of soft leather gloves worn during the day; they should be frequently rubbed together to promote circulation.

Sun-burnt hands may be washed in lime-water or lemon-juice. Should they be severely freckled, the following may be used to advantage:—

Take 1 pint of distilled water, sal ammoniac,  $\frac{1}{2}$  drachm, oxymuriate of quicksilver, 4 grains, divide the two last in spirit, and gradually add the water to them; add another  $\frac{1}{2}$  pint of water, mix well together, and it is ready for use. It should be applied as often as desirable, by means of a piece of soft sponge; if rose-water is substituted for distilled water, the effect is pleasanter.

Warts, which are often more common with young people than adults, are very unsightly, and are sometimes very difficult to get rid of. The best plan is to buy a small stick of lunar caustic, which is sold in a holder and case at the druggist's for the purpose—dip it in water, and touch the wart every morning and evening, care being taken to cut away the withered skin before repeating the operation.

The whitlow is a very painful sort of abscess which frequently forms on the inside of the finger. It is accompanied by much inflammation and throbbing pain. Linseed meal poultices are often applied, and the swelling has frequently to be lanced. It is a complaint, however, to which surgical aid should be called in wherever practicable.

#### THE FINGER NAILS.

Above everything keep the nails scrupulously clean. Nothing is so repulsive as to see a lady or gentleman however well-dressed they may otherwise be, with nails in a degree shady, so that you are tempted to exclaim, in the language of the nursery poet:—

“Did you ever behold such a little black row?”

It always results from carelessness and inattention to the minor details of the toilet, which is most reprehensible.

The nails should be pared about once a week—certainly not oftener. This should be accomplished just after washing—the nail being softer at such a time—by means of a sharp penknife. Care should be taken not to cut them too short, though if they are left too long they will frequently get torn and broken. They should be nicely rounded at the corners. Recollect, the “filbert-shaped” nail is considered the most beautiful.

Never bite your nails; it not only is a most vulgar and disgusting habit, but tends to make the nails jagged, deformed, and difficult to clean, besides giving a red and stumpy appearance to the finger tips.

Some people are troubled by the cuticle adhering to the nail as it grows. This may be pressed down with the towel after washing, or should that not prove efficacious, it must be loosened round the edge with some blunt instrument.

On no account scrape the nails with a view to polishing their surface—such an operation only tends to make them wrinkled.

#### THE FEET.

The feet, from the circumstance of their being so much confined by boots and shoes, and frequently perspiring, require more care in washing than the rest of the body.

A tepid bath at about 80 or 90 degrees, should be used. The feet may remain in the water about five minutes, and the instant



they are taken out they should be rapidly and thoroughly dried by being well rubbed with a coarse towel. Sometimes bran is used in the water.

Few things are more invigorating and refreshing after a long walk or getting wet in the feet, than a tepid foot-bath, clean socks, and a pair of easy shoes.

After the bath, too, is the time for paring the toe-nails, as they are so much softer and more pliant after having been immersed in hot water.

*Moist Feet.*—Some people are troubled with moist or damp feet. This complaint arises more particularly during the hot weather in summer time, and the greatest care and cleanliness should be exercised in respect to it. Persons so afflicted should wash their feet twice a day in soap and warm water, after which they should put on *clean* socks.

Should not this effect a cure, they may, after being washed as above, be rinsed and then thoroughly rubbed with a mixture consisting of half a pint of warm water and three tablespoonfulls of concentrated solution of chloride of soda.

An old receipt, which is not so simple as the foregoing, but which is highly recommended, gives the following as a certain cure:—"Take twenty pounds of ley, made of the ashes of the bay tree, three handfuls of bay leaves, a handful of sweet flag, with the same quantity of calamus aromaticus and dittany of Crete. Boil all these ingredients together for some time, then strain off the liquor, and add two quarts of port wine." The best time for applying this lotion is at bedtime.

*Blisters.*—People who walk much are frequently afflicted with blisters, and many are the plans adopted for their prevention. Some soap their socks, some pour spirits in their shoes, others rub their feet with glycerine. The great point, however, is to have easy, well-fitting boots, and woollen socks.

Should blisters occur, a very good plan is to pass a large darning-needle, threaded with worsted, through the blister lengthwise, leaving an inch or so of the thread outside at each end. This keeps the scarf-skin close to the true skin, and prevents any grit or dirt entering; the thread absorbs the matter, and the old skin remains till the new one grows. A blister should not be punctured save in this manner, as it may degenerate into a sore, and become very troublesome.

*Chilblains.*—We have briefly referred to chilblains on the hands ; those which appear on the feet are of a similar species. To avoid them it is necessary to observe three rules :—1. Avoid getting the feet wet ; if they become so, change at the earliest opportunity. 2. Wear lambswool socks or stockings. 3. Never, under any circumstances, “toast your toes” before the fire—especially if you are very cold. Frequent bathing of the feet in a strong solution of alum is useful in preventing the coming of chilblains.

On the first indication of any redness of the toes and sensation of itching, it would be well to rub them carefully with warm spirits of rosemary, to which a little turpentine has been added. Then a piece of lint, soaked in camphorated spirits, opodeldoc, or camphor liniment, may be applied and retained on the part.

Should the chilblain break, it may be dressed twice daily with a plaister made of the following ointment :—One ounce of hog's lard, one ounce of bee's-wax, and half an ounce of oil of turpentine ; melt these, and mix them thoroughly, spread on leather, and apply immediately.

*The Toe-nails.*—These do not grow so fast as the finger-nail, but they should be looked after and trimmed at least once a fortnight.

The toe-nails, on account of their being so confined, are much more subject to irregularity of growth than those on the finger. The great toe should be especially looked after, as the nail thereof has a great tendency to grow into the quick. This should be remedied by bathing the feet in hot water ; pieces of lint are then introduced beneath the parts with an inward tendency, and the nail itself scraped longitudinally. In due time the nail will probably assume its proper course.

Pare the toe-nails squarer than those of the finger ; keep them a moderate length—long enough to protect the toe, but not so long as to cut holes in your stockings.

Always cut the nails, never tear them, as is too frequently the practice. Be careful not to destroy the spongy substance below the nails, as that is the great guard to prevent them growing into the quick.

*Corns.*—The remedies for these evils are innumerable. There is no doubt, however, that corns are the result of undue pressure and friction. According to the old formula—“Remove the cause,

and the effect will cease." But how to remove it? As a general preventive against corns, adopt the plan of having several pairs of boots in constant use, and change every day. Each pair will press on the feet in a different way. When the corn has asserted itself, there is nothing better than to procure corn-plasters of felt from the druggist's, taking care that you cut the aperture in them large enough to prevent any portion of them pressing on the edges of the corn. Before long the corn will disappear. This treatment will also be found of service in the case of soft corns and bunions.

#### HOW TO DEVELOP, STRENGTHEN, AND INVIGORATE THE BODY.

Inharmony of development or deformity is simply the result of a departure from, or violation of, Nature's laws. The dread fiat of the Creator against sin has gone forth, and is unalterable. If man *will* defy it, he must pay the penalty in his own person, besides entailing sickness, misery, and premature death upon his offspring, if he ever have any. When men were content with simple forms of existence—when they enjoyed the necessities of life without either desiring the conveniences or pining for the luxuries—vigorous health was the rule, rather than the exception, among them; but in an age when manly power and womanly grace are rendered subservient to that *ignis fatuus* of the mind which is vaguely and insufficiently described by the term pleasure, despair and wretchedness are rife in the world, and imbecility and hideousness stalk closely behind them. As a case in point, compare the artificial existence of the modern epicure with that of Nature's own son—the free, intrepid mountaineer. Not all the artifices of the former can command the elasticity of spirit, the freedom and lightness of limb, nor one half the pleasurable sensations that are momentarily experienced by the latter.

The art of developing muscle and increasing bodily vigor appears to be inseparable, in the present age, from ropes and stakes, and men remarkable for excessive hardness of organization and peculiarity of visage. The most approved methods of imparting health, tone, and beauty to the skin are practiced almost exclusively in stables; while the lean are excited to extreme envy by the plumpness and beauty of proportion exhibited by some of the lower animals under the care and training of men to whom the



chemistry of respiration and consumption of carbon are as dark mysteries.



THE MUSCULAR SYSTEM.

The processes of waste and repair are continually progressing in the system. Hufeland defines active life to be "an incessant exertion of agency and power ; and consequently attended with a

continual waste of power and consumption of the organs." The human body is reducible, like all other matter, to its elementary principles; it is constantly consuming and giving *off* these elements, and derives a renewal of the same from the nourishment supplied to it, and the atmosphere by which it is surrounded.

Growth is an *accumulation* of the repairing material, owing to a redundancy of vital power. At maturity, the vital consumption gradually balances the renovating power of the body; and when the former begins to exceed the latter, decay and death finally set in.

When any particular limb, or the whole body, is put in motion, an increase of waste in its substance immediately takes place, followed, however, by a powerful *reaction* in the rest which succeeds this exertion, when the blood, which has been repeatedly purified during the exercise by the exhalation of its noxious compounds in perspiration, and by being exposed in the lungs at each inspiration to the action of pure, fresh air, builds up the lost substance, and with the balance in hand *adds* good, sound material for future use and exertion.

The more laborious the exertion, the greater the waste; and if the vital power be not considerably weakened by exhaustion or fatigue, consequently renovation of the parts ensues. The blacksmith will develop a muscular arm sooner than if he were working with a smaller hammer in a carpenter's shop.

The states of reaction in favor of the renovating power after exertion must follow in close and regular succession upon each other to produce any marked effect upon development; for the daily consumption of the body never ceases for an instant, and unless there is an *excess* of the repairing material over that of waste, ematiation or loss of physical power and starvation will be the inevitable result.

If one's occupation were to consist in wielding a heavy sledge in the morning, and posturing in the evening, one might safely count on the possession, in a short time, of well developed limbs. Take, for example, the ponderous individual whom we have so often seen in the circus, whose sole ambition in life seems to be that of keeping a long pole, steadily balanced somewhere in his waist-band for the special use and safety of his brother in the profession who amuses the multitude at the smaller end of it

You will find that not only are his lower limbs and extremities surprisingly developed, but his arms are brawny and his chest broad and capacious beyond all conceivable proportion—a truly fitting chest or case for the protection of stentorian lungs such as you will also invariably discover that our friend of the pole possesses. His agile brother, on the other hand, would fail most lamentably in the waistband particular, especially if his unwieldy compeer were to essay the swimming feat above; but he can turn out any number of Catherine wheels, and involve himself in all sorts of difficulties with respect to his legs and hands; and if you could prevail upon him to preserve his natural posture for a few moments—which he seems very loth to do in company—you will perceive that the herculean development of limb and capacity of chest are wanting in him, but for both of which, perhaps, he is amply compensated by a general buoyancy of frame personally, and an external appearance that inspires one with a fabulous idea of whalebone, india-rubber, and patent springs. Every one is familiar with the vagaries of the vital force in the case of tailors, shoemakers, and the trades generally; that is, with reference to bowed legs, sunken chests, overgrown muscles and calves, and other peculiarities of growth incidental to each; these are all owing to the position of the limbs during their action, or rather to the repeated processes of repair of the parts actually exercised in their exact form or disposition at the time.

“*Training*” is a method of exercising the limbs and muscles with prescribed force, and in a systematic regular manner, the states of reaction in favor of the renovating power succeeding each other with such rapidity that there is always an excess of power over and above that which is required to meet the consumption, and increased growth or development of the parts is thereby induced.

Inharmony of development or deformity proceeds from an abuse of Nature’s laws. Repeated excess exhausts the vital force, weakens muscular power and nervous energy, and gives an undue advantage to the consumption of the body, the operations of which are never idle, and if not kept down by vitality, rapidly merge into decay.

Muscular power produced by forced training is purchased at the expense of general vitality. Excessive exertion has the effect



of exhausting the vital-power like any other excess. Moderate exercise of bodily organs, on the other hand, strengthens them, and preserves them from decay. Exercise of the whole frame is more conducive to health than that of particular limbs.

The health and vigor of the several limbs and organs of the body depend solely upon the simple condition that the functions which pertain to each shall be regularly and actively performed. Life, while it lasts, is the regular, incessant motion of the vital organs in their work of assimilation, secretion, excretion, renovation, etc. Exercise may be defined as voluntary motion of the limbs and muscles, and in thought of the nerves, which increases the power of the involuntary vital principle as well. If this voluntary motion be neglected, the vital force becomes inactive in a corresponding degree, and loss of physical vigor is the inevitable result.

A man who would resolutely set to work with a set of dumb-bells and chest expander, and an average stock of patience would in six months reap a golden harvest of health and strength for his exertions. Men readily combine business with pleasure. Why not reserve a portion of leisure for private training to take the harm out of both?

#### BENEFICIAL EFFECTS OF EXERCISE.

Exercise equalizes circulation and accelerates the action of the heart. Running, jumping, and violent exertion of every kind not only increase the action of the heart, but also its *propelling* force; under the effect of fitful, violent, bodily motion, the blood is diffused throughout the minutest capillaries of the system, and rushes through the veins and arteries with a force akin somewhat to the impetuosity of a mill-stream. The quantity of blood in an average-sized adult may be taken at about four gallons—or between 28 or 30 pounds—the complete circulation of which is effected in 300 contractions of the heart. The pulse usually beats from 70 to 75 per minute. Walking at the rate of four miles per hour has been found to increase it from 75 to 130, and carrying a load of 140 lbs., at a speed of three miles per hour, to 190 beats per minute.

Exercise powerfully induces *sensible* perspiration. What is termed *insensible* perspiration is imperceptibly taking place at all

times in the body. During vigorous exercise it becomes sensible or visible, and may be seen exuding from the pores in every part of the skin.

Perspiration contains at least one per cent. of solid matter compounded of substances noxious to life. The quantity perspired daily by an average-sized adult ranges from 25 to 35 ounces. If exercise be neglected, the poisonous matter can only be partly carried away from the blood by the insensible perspiration through the medium of the lungs, liver, kidneys and bowels, which, it is hardly necessary to observe, imposes additional labor upon these organs, and eventually occasions their disease.



A SWEAT GLAND.

A verticle section of the sole of the foot. *a*, the cuticle or scarf skin, the deeper layers of which, dark in color being called the *rete mucosum*. *b*, the Papillæ, *c*, the cutes or true skin, and *d* is the sweat gland in a cavity of oily globules.

Exercise materially aids in the purification of the blood. The circulation, as we have seen, becomes rapid in proportion to the violence of bodily motion. The blood, when it arrives in the lungs, after coursing through the body, is of a dark color, having been deprived of its *oxygen* during the operation. It receives a fresh supply of this life-giving principle from the atmosphere—the purity of the latter depending in a great measure upon the amount of oxygen which it contains—and this combining with certain of its constituents has the effect of changing it to a bright, florid hue, in which pure, healthy state it is distributed again throughout the whole arterial system, to build up and repair on every side the ravages occasioned by daily waste or disease.

*Walking.*—The blood of the pedestrian whose speed amounts to five miles an hour is completely purified and circulated every two minutes, while during moderate exercise this time is extended to two minutes and a half, and when the body is in a passive state, to about four minutes.

Strength will be gained, and the *contour* of our body improved by firm, hard muscles overlaying and hiding the bones, if a due amount of exercise be taken.

Exercise will gradually almost unconsciously give *tone* and vigor to the circulation, plumpness to the form, and steadiness and grace to the whole carriage. Big, round, beautiful muscles are produced by vigorous and continuous activity of every part of the physical man.

Exercise powerfully stimulates the several functions of the body and brain.

Walking, Dr. Erasmus Wilson says, favors digestion and nutrition, facilitates respiration, stimulates the skin and promotes its action, increases the temperature of the body, and invigorates the physical and mental powers.

If exercise is customary and habitual, it will maintain the circulation in healthful equilibrium. The muscles have their substance used up while they are being employed in vigorous contraction; but in the intervals of rest they will grow, enlarging by an excess of gain over loss, because blood is circulating through them, out of which they may appropriate the material of muscular tissue. So that it will not be only while we are taking exercise that we shall be equalizing the circulation, and de-



iving the benefits which attend that condition—we shall live through the day, and sleep through the night, under this prime condition of comfort and health; while we rest we shall be growing more fit for greater exertions. The exercise which fatigued at first will not be enough to satisfy us, as we get stronger and larger muscles.

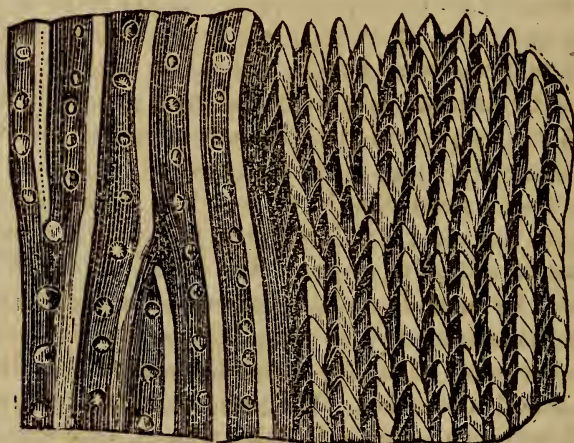
#### BATHING.

Bathing and exercise are very closely allied to each other; they both stimulate the actions of the skin, and both, if carried too far, are productive of fatigue. Bathing, again, is indebted to exercise for some of its useful properties. In like manner, the rules of bathing and those of exercise are very similar. Bathing, to be efficient in preserving health, should be regular, should be commenced by degrees, and increased by a process of training, and should not be permitted to intrude upon hours devoted to some important function, such as digestion. It must not approach too near a meal, that is to say, if it be attended by the least fatigue; nor must it follow a meal too closely, three or four hours being permitted to elapse. The time occupied in bathing in cold water by invalids should not exceed a few minutes, but ranging perhaps from two to ten; but persons in health may carry it to the point of satiety, provided always that they combine with it active exercise. The period for the tepid, warm, or vapor bath is from a quarter to half an hour, unless special indications require to be fulfilled.

They who desire to pass the short time of life in good health, ought often to use cold bathing, for I can scarce express in words how much benefit may be had by cold baths; for they who use them, although almost spent with old age, have a strong and compact pulse, and a florid color in their face; they are very active and strong, their appetite and digestion are vigorous, their senses are perfect and exact; and in one word they have all their natural actions well performed.

The effect of a warm bath to a person in health is highly delightful. The sensations during the process are exquisite, and afterwards no less so. It equalizes the circulation of the blood; renders the skin supple and moist; promotes free perspiration, and relieves the body from a layer of thick, obstructive accumu-

lation of scurf and oleaginous surfacial deposit. The flexibility of the joints, the freedom of respiration, the improved tone of nervous feeling in mind and body, intellect being brighter and every faculty livelier—memory, thought, and idea at command, after the baths—are notorious truths known to the patron of the warm ablution. Warm bathing also acts beneficially on the kidneys and urinary organs; it helps the bowels, and stomach, and liver, giving new life to each, the action of each being hereby healthily excited; it consequently promotes digestion, and contrary to the popular fear of a warm bath weakening, it in reality strengthens the system, *and fortifies it against cold.*



PORES AND PAPILLÆ OF THE SKIN.

On the left is a magnified view of the ridges of the cuticle as seen in the palm of the hand, with the openings of the pores in their furrows. On the right, the cuticle has been removed, leaving corresponding rows of Papillæ.

#### HOW TO ACQUIRE BEAUTY AND FRESHNESS OF COMPLEXION.

Beauty of complexion depends upon the state of the pigmentary tint, which is secreted by the scarf skin (cuticle epidermis.)

On the degree of thickness or transparency of the scarf skin of the face, and the regular, faultless formation of the new granules which are being continually deposited (in a laminated form) to replace the old, worn-out particles of matter on its surface.

On an agreeable warmth of the body and skin, by which a due

amount of circulating nutrient blood, of a bright florid hue, is secured in the minutest capillaries of the face.

And lastly, upon a healthy state of the whole system.

The scarf skin or outer covering of the body is composed of a number of layers, made up of particles of matter, which gradually develop themselves into cellules of a polygonal form, a natural pigment or coloring matter that determines complexion being incorporated with these elementary granules. The cellules, or rather scarf cells, become dried up, and under the effect of daily friction and ablution fall off in thin scales, their place being supplied by a new layer, which has undergone the same processes of development and growth.

In the European, the coloring pigment is almost white, except under exposure to the sun, when it assumes a light brown color, and ranges from the *blonde* type, remarkable for white skin, fair hair, and blue or light colored eyes, to that of the brunette with brown skin, black hair, and dark eyes. In the negro it is black; and the intermediate shades of color which may be observed in the different races of mankind, are referable to the depth of hue of the particles or granules which enter into the composition of the cells of the scarf skin.

Vigorous friction and frequent ablution wear away the outer surface of the scarf skin, and increase sensibility in proportion as the latter becomes attenuated and less thick.

The processes of waste and renovation are continually taking place, and, as we have observed, new granules are deposited to supply the place of the old ones. These granules conform closely in their growth with the extraneous particles of matter on the surface; so that if the perspiration exuded from the pores, and other impurities which are apt to accumulate upon the outside of the skin, are allowed to remain there, they will form coarsely and irregularly. The skin should therefore be kept free from impurity by frequent washing, in order that it may take that fresh transparent form which constitutes the whole of facial beauty. In those who bathe often, especially after having perspired freely, the skin becomes soft, smooth, and blooming for this very reason.

Exercise equalizes circulation by diffusing the blood equally through the system. Under the influence of cold, and depressing mental emotion, this blood is repulsed inward to the larger vital organs, producing pallor.



The presence of bright red blood in the capillaries of the face, is due to an agreeable warmth or temperature of the body, whether occasioned by stimulants within, or irritating causes such as friction, artificial heat, &c., from without. This is why redness of complexion follows exertion, friction, and liberal feeding, inasmuch as they generate more or less heat in the system.

If exercise be taken regularly, in conjunction with daily friction and ablution of the skin, the latter will always present that fresh, blooming appearance, that is indicative of health and beauty.

Dr. Erasmus Wilson observes, that "the yellow tints of dyspepsia and jaundice are due to admixture of the coloring matter of bile with blood. Purpleness or blueness of the skin always depends on some cause of retardation of the cutaneous circulation, (and that) all the phenomena of color of the skin, excepting that which is due to its pigment, are referable to the quantity, velocity, or composition of the blood flowing through its capillaries.

The celebrated Diana, the French beauty of Poitiers, preserved her beauty to an advanced age by merely observing the following rules:

1. She was jealously careful of her health.
2. Bathed in cold water in the severest weather.
3. She suffered no cosmetic to approach her.
4. Rose at six o'clock, sprang into the saddle, and galloped about six miles, when she returned, breakfasted, went about her duties, and amused herself by reading.

The system appears a singular one, but in her case it was undoubtedly successful, as she still reigned in absolute sovereignty over the heart of the king of France when she was nearly sixty years of age.

#### HOW TO ACQUIRE PLUMPNESS OF FORM, &c.

The deposition of fat in the human frame depends upon the disproportion between the quantity of *carbon* and *hydrogen* in the food, and that of the *oxygen* absorbed by the skin and lungs; that is, so much of this *carbon* as remains unconsumed—above what is needful for respiration—is stored away as fat.

From the age of twenty up to that of forty years, a male burns

about ten ounces of carbon in the twenty-four hours. From forty to sixty, it decreases to about seven and a half ounces.

To compensate for this waste of carbon (10 oz.) such articles of food should be selected as afford the greatest quantity of it.

Oleaginous food contains about *four-fifths* of its own weight of carbon. Under this head may be enumerated suet, fat, oil, and butter.

Milk or curd, gluten, bread, oatmeal, meat, jelly, &c., from two fifths to *three-fifths* of carbon.

Sugar, and the substances which are allied to it, gum, starchy vegetables, and the various juices, fibers, and tissues of plants, *about* two-fifths of their own weight.

Dietaries may be based upon the above data containing a great quantity of carbon or the reverse, whether muscle or fat be the idol set up. The weight of the body undoubtedly bears a marked relation to, and increases proportionately with, its height.

On the authority of Dr. Hutchinson, "at five feet one, the weight is (or should be) one hundred and twenty pounds. For every inch of stature, from five feet one to five feet four, it increases 6 1-5 lbs. ; from five feet four to five feet seven, about 3 1/2 lbs. ; and from five feet seven to six feet, 6 1/2 lbs. for every inch of height."

Too much importance can not be attached to the quality, quantity, and kind of food we use. No one can long possess good health, or regain it when lost, who habitually disregards attending to these matters. Much discrimination and judgment is needed, to use the proper food in its proper season. In summer we need food chiefly for strength and nourishment. In winter, we need food to give us warmth ; food in which there is much carbon, as butter, sugar, and fat meats.

For convenience, three tables are given with articles of food ranged according to their nerve, muscle, and heat-producing power, which, after what has been said above, must be of significance to the most ordinary observer. The parts not included in the three elements indicated, are water and waste.

## BRAIN AND NERVE-PRODUCING FOODS.

	Phosphorus, Parts in 100.		Phosphorus, Parts in 100.
Salmon.....	7	Bacon.....	1/2
Smelt.....	6	Oysters.....	1/2
Lobster, herring, and cheese... 5		Southern corn, beans, and barley 4	
Eel and trout..... 4		Oatmeal, peas, sweet potatoes.. 3	
Whitefish, chicken, pigeon, eggs,		Wheat and rye, (the whole grain) 2	
venison, figs, and prunes..... 3		Northern corn, apples, cherries,	
Beef, mutton, and codfish..... 2		cow's milk.....	1

## MUSCLE-MAKING FOODS.

	Nitrogen, Parts in 100.		Nitrogen, Parts in 100.
Southern corn	34	Wheat	15
Cheese	30	Lobster	14
Peas	26	Rye	13
Beans	24	Oysters, barley, Northern corn,	
Game fowl	23	clam	12
Mutton and chickens	21	Bacon, herring, buckwheat	8
Venison and Salmon	20	Apples, rice, figs, cow's milk	5
Beef	19	Prunes	4
Halibut	18	Sweet potatoes	3
Smelt, eel, trout, codfish, oat-		Common potatoes, cabbage, cur-	
meal, eggs	17	rants, cherries	1
White-fish	16		

## RESPIRATORY OR HEAT-PRODUCING FOODS.

	Carbon, Parts in 100.		Carbon, Parts in 100.
Hog's lard	79	Cheese	28
Rice	78	Sweet potatoes	22
Butter	65	Prunes and cherries	20
Rye	73	Potatoes	16
Northern corn	68	Beef and mutton	14
Wheat	67	Apples and peas	10
Bacon	62	Venison, cow's milk	8
Buckwheat	60	Cabbage, currants	6
Figs	58	Onions, asparagus	5
Oat meal	51	Herring eel, cream	4
Peas	41	Chicken, pigeon, clam, cucumb's	2
Southern corn and beans	40	Salmon, smelt, trout, codfish,	
Eggs	30	halibut	1

Liebig defines health to be a perfect equilibrium of all the functions of the body—where the balance between waste and supply is faithfully kept up—so that when in health and at maturity no diminution or increase in weight is observed." If emaciation be disease, so also is corpulence. Liebig has shown us how to get fat—or rather that increase of carbon will cause fatness, inasmuch as fat is carbon—and Banting, how to get thin; what more can mankind wish? We shall look with hopeful anxiety for that day when every man will be either fed up, or reduced to his proper standard of weight.

Let us, however, recur to lean people, and give them a recipe to increase their flesh, as remarkable for its simplicity as it would seem to be certain in its effect. When Captain Grant was on his journey to discover the source of the Nile, he entered the country of Rumaniker, an African sovereign, who was himself tall, handsome, and slender, and who rejoiced in the possession of five wives. These ladies were all queens, who, with his female relatives, fed upon milk. The consequence of this dietary was, that they became fattened to enormous sizes, and when seen in motion,



their excessive obesity obliged them to be supported on either side by a friend—the flesh of their arms hanging down in a flabby mass, like the widest of fashionable sleeves. They were drilled from their infancy to suck at milk. Here, then, is certainly one of the simplest, and probably of the most effective, recipes that can be given for rescuing thin people from hungry looks.

## A SURE GUIDE TO PERFECT HEALTH.

Rise early. Wash the entire person in the morning. Vigorous friction of the face, neck, feet, and hands, and of the whole body, after the daily bath. This may be done with the hands, and by using a moderately coarse towel.

It is better to wash carefully and with energy on rising, that the impurities which have collected upon the surface of the skin during the night—for when the body is at rest, renovation is most active—may be entirely washed away.

On rising, and before bedtime, the whole body, while undressed, should be rubbed with the naked hands for about five or ten minutes, until a regular glow is produced. This, in addition to the friction after the bath.

A tepid bath should be taken daily by invalids; the best time will be in the afternoon.

Use the methods of breathing with the chest expanding and dumb-bell exercises at the following periods of the day:

1. In the morning, before breakfast.—Methods of breathing.
2. Before dinner.—Chest-expander and dumb-bells.
3. Before tea-time.—Chest-expander and dumb-bells.
4. Before retiring to rest.—Chest-expander, bells, and breathing.

Put on clothes immediately after exercising, and avoid cold draughts of air.

Breakfast, according to taste—mutton chop or beefsteak, corn bread, butter, and milk; but one need not restrict one's self to these. The lean are urgently advised to select such articles of as shall furnish them with the largest quantum of carbon, and at dinner especially to make a free use of bread and vegetables. This will assuredly lay the foundation, if anything will, of a good constitution. It may be remarked, by the way, that the notes on plumpness of form have been written solely for the comfort and consolation of the lean of humanity.

Open your window from six to ten inches at top and bottom at night, and throw it open in the morning to purify the room thoroughly. Every sleeping-room ought to have an open fireplace in it, through which to ventilate it.

Rinse the mouth, and clean the teeth with a brush, a very little fine toilet soap, in soft water, on rising and before bedtime. Use a quill for a tooth-pick. This will keep them white, and preserve them from decay.

Avoid abuses that affect the nervous system. Use no tobacco nor alcoholic stimulants; for the frame suffers from every excess, no matter how slight it may be, sooner or later.

Go to bed early, after your devotions, and don't *think* when once under the clothes. If you have abstained from stimulants, and have exercised moderately during the day, you will surely sleep well at night. Wash the face and hands before retiring to rest, for it has the effect of calming the mind and inducing healthy repose.

If you are desirous of seeking health and vigor, make rules for your own guidance with respect to dietary, bathing, and exercise, and keep them as religiously as if they were laws. Above all, cultivate trust in Providence, and perseverance. Habits once formed are mental bands of iron that take years and years of labor to saw asunder. Remember that that the physiological laws of life and health are God's laws, and *must* be obeyed.

### Toilet Receipts.

#### THE GOLDEN-HAIR SECRET.

The rage for light, gold-color, or even red hair, which has prevailed for some time, has led to various expedients for procuring it. Many ladies have sacrificed fine heads of hair, and in place of their own dark tresses have adopted light wigs; but the prevailing absurdity has been the use of strong alkalies for the purpose of turning the dark hair light. This is the purpose of the auricomus fluid, which may be procured of any hair-dresser; but we warn our fair readers that the use of these products is apt to be disappointing. They certainly will turn black to a brickdust hue, but the color is often disagreeable; it is apt to present itself in patches of different hues, and the effect on the hair is terrible, it often rots and crumbles away. In place of this absurd practice, we recommend the following as available for trying the effect

at a ball or other entertainment—for dress purposes, in short:—Procure a packet of gold powder of the hair-dresser. Have ready a very weak solution of gum and water, and one of the small perfume vaporizers now in use. When the hair has been dressed, sprinkle it with the gum-water, by means of the vaporizer, and then shower on the gold powder. It may be put on thick enough to hide the color of the hair, and, owing to the gum, cannot be danced off.

## BLOOM OF ROSES.

This is a preparation of carmine for the face and lips. Take  $\frac{1}{4}$  of a drachm of the carmine and place it in a phial with  $\frac{1}{2}$  a drachm of liquid ammonia; keep for a few days, occasionally shaking the mixture. Then dilute with two ounces of rose-water, to which  $\frac{1}{2}$  a drachm of essence of roses has been added. Draw off, and keep a week or ten days; then apply with the corner of a soft handkerchief, taking care that if the color is too bright it is reduced by means of pure water.

## MILK OF ROSES.

This is a cosmetic. Pound an ounce of almonds in a mortar very finely; then put in shavings of honey soap in a small quantity. Add enough rose-water to enable you to work the composition with the pestle into a fine cream; and in order that it may keep, add to the whole an ounce of the spirits of wine, by slow degrees. You may scent with otto of roses. Strain through muslin. Apply to the face with a sponge or a piece of lint.

## CIRCASSIAN CREAM.

This celebrated preparation is made, according to a published receipt, in this way:—Castor oil, one pint; almond oil, four ounces; liq. potassa, three drachms; essence of bergamot, oil of cloves, and oil of lemon, in equal quantities; and about a dozen drops of otto of roses.

## TOILET VINEGAR.

Add to the best malt vinegar half a pint of cognac and a pint of rose-water. Scent may be added; and if so, it should be first mixed with the spirit, before the other ingredients are put in.



## PHILOCOME.

This is the name of an admired French pomade. It is made by melting three ounces of white wax, by the action of hot water round the vessel in which it is placed, and while the heat is kept up, adding a pound of olive oil. Scents, such as bergamot, may be added as the other ingredients cool. Varieties of perfumes are secured by the manufacturers.

## WASHES FOR THE FACE.

We do not approve of face-washes; but as some ladies will use them, we recommend the following as harmless:—Damp the face with glycerine, tempered with rose-water, then powder with the finest magnesia. It imparts a charming whiteness.

Less harmless, but more frequently used, is the following:—Procure five cents of bismuth, of flake white, and of powdered chalk. Mix with five cents of rose-water. Great care must be taken to wash off this preparation before retiring to rest, as the bismuth is of a poisonous nature.

## LAVENDER WATER.

This mildest of perfumes is a preparation of oil of lavender, two ounces; and orris-root, half an ounce; put it into a pint of spirits of wine, and keep for two or three weeks before it is used. It may require straining through blotting-paper of two or three thicknesses.

## BANDOLINE.

This essential of the toilet is prepared of several materials.

1. Simmer an ounce of quince seed in a quart of water for forty minutes; strain, cool, add a few drops of scent, and bottle, corking tightly.

2. Take of gum Tragacanth  $1\frac{1}{2}$  drs., water, half a pint; rectified spirits mixed with an equal quantity of water, three ounces, and a little scent. Let the mixture stand for a day or two, then strain.

3. It may be made of Iceland moss, a quarter of an ounce boiled in a quart of water, and a little rectified spirit added, so that it may keep.

## HAIR CURLING FLUID.

There are various fluids advertised and recommended for the purpose of giving straight hair a tendency to curl ; but the only curling fluid of any service is a very weak solution of isinglass, which will hold the curl in the position in which it is placed, if care is taken that it follows the direction in which the hair naturally falls.

One of the fluids in use is made by dissolving a small portion of bees'-wax in an ounce of olive oil, and adding scent according to taste.

## LIP SALVE.

This indispensable adjunct to the toilet may be made by melt-  
- in a jar placed in a basin of boiling water a quarter of an ounce each of white wax and spermaceti, flour of benzoin fifteen grains, and half an ounce of oil of almonds. Stir till the mixture is cool. Color red with five cents of alkanet root.

## RYE TOOTH POWDER.

Rye contains carbonate of lime, carbonate of magnesia, oxide of iron, manganese, and silica, all suitable for application to the teeth. Therefore a fine tooth-powder is made by burning rye, or rye bread, to ashes, and grinding it to powder by passing the rolling pin over it. Pass the powder through a sieve and use.

The crumb of a French roll, though not so good, may be treated in the same way.

## CAMPHORATED CHALK.

This favorite tooth-powder is easily made. Take a pound of prepared chalk, and with this mix two drachms of camphor very finely powdered, and moistened with spirits of wine. Thoroughly mix.

## MYRRH DENTIFRICE.

To a pound of finely-powdered cuttlefish add two ounces of myrrh, and mix thoroughly.

## WRINKLES.

The pomade d'Hebe, used for the removal of wrinkles, is made in this way. Melt white wax, one ounce, to gentle heat, and add

juice of lily bulbs two ounces, and honey two ounces, rose water two drachms, and otto of roses a drop or two. Use twice a day.

#### ROSE WATER.

It may be made in this way :—Take half an ounce of powdered white sugar, and two drachms of magnesia. With these mix twelve drops of otto of roses. Add a quart of water and two ounces of alcohol, mixed in a gradual manner, and filter through blotting paper.

#### TO CLEAN KID GLOVES.

By rubbing gloves with a clean cloth, dipped in milk and then rubbed on brown Windsor soap, you may restore them to a very fair state of cleanliness.

#### TO REMOVE SUPERFLUOUS HAIRS.

Depilatories are all more or less objectionable. Even when successful they are apt to produce a shiny, disagreeable appearance of the skin. The use of tweezers is the only satisfactory plan. Pluck out the hairs as fast as they grow, wash with warm water, and then apply milk of roses. Hairs are sometimes removed by the application of muriatic acid, but it is a process hazardous to the safety of the skin. The following is one of the best depilatories known :—Take quicklime, two ounces; strong ashes of wormwood, two fluid ounces, and almond powder sufficient to make the whole into a pomatum, which is to be put on the skin whence the hairs are to be removed, and wiped off in a few seconds with a wet towel. If left on too long, the skin will be irritated.

#### COLD CREAM.

Put into a jar a pint of sweet oil, half an ounce of spermaceti, and two ounces of white wax. Melt in a jar by the fire; add scent.

Another method. Melt together a pint of oil of sweet almonds, one ounce of white wax, half an ounce of spermaceti, and half a pint of rose water; beat to a paste.

#### TO REMOVE A TIGHT RING.

When a ring happens to get tightly fixed on the finger, as it



will sometimes do, a piece of common twine should be well soaped, and then be wound round the finger as tightly as possible, or as can be borne. The twine should commence at the point of the finger, and be continued till the ring is reached ; the end of the twine must then be forced through the ring with the head of a needle, or anything else that may be at hand. If the string is then unwound, the ring is almost sure to come off the finger with it.

## CHAPPED HANDS.

The simplest remedy is the camphor-ball, to be obtained at all druggist's.

Powdered hemlock bark put into a piece of muslin and sprinkled on the chaps is highly recommended.

Or, wash with oatmeal, and afterwards rub the hands over with dry oatmeal, so as to remove all dampness.

It is a good thing to rub the hands and lips with glycerine before going to bed at night.

A good ointment is made by simmering in a pipkin, sweet oil one pint ; Venice turpentine, three ounces ; lard half a pound ; bees'-wax, three ounces, till the wax is melted. Rub on or apply with a rag.

## COLD FEET.

Those who suffer much in this respect should wear woollen socks or stockings, and put the feet in mustard and water before going to bed, not forgetting to rub them with a coarse towel.

## SUNBURN.

Milk of almonds, to be obtained at any druggist's, is as good a remedy as any in use.

## CHILBLAINS.

The remedies are innumerable.

1. When indications of chilblain first present themselves, take vinegar 3 oz., camphorated spirits of wine 1 oz., mix and rub.

2. When they have appeared, rub with alum and water.

3. Put the hands and feet two or three times a week into warm water in which two or three handfuls of common salt have been dissolved.

4. Rub with a raw onion dipped in salt.

## RED HANDS.

Wash them frequently in warm, not hot water, using honey-soap and a soft towel. Dry with violet-powder, and again with a soft, dry handkerchief. Take exercise enough to promote circulation, and do not wear gloves too tight.

## BURNS.

An application of cold, wet common whitening placed on immediately, is recommended as an invaluable remedy.

## WARTS.

At the first appearance of these troublesome things, pare as closely as possible, and touch with lunar caustic; if this is not effective, pare again, and give a second touch, or try acetic acid.

## PATENT LEATHER BOOTS.

In cleaning patent leather boots, first remove all the dirt upon them, then, with a sponge or flannel, the boot should be rubbed lightly over with a paste consisting of two spoonfuls of cream and one of linseed-oil, both of which require to be warmed before being mixed. Polish with a soft cloth.

## TO CLEAN KID BOOTS.

Mix a little white of egg and ink in a bottle, so that the composition may be well shaken up when required for use. Apply to the kid with a piece of sponge, and rub dry—the best thing to rub with is the palm of the hand. Where the kid shows symptoms of cracking, rub in a few drops of sweet oil. The soles and heels should be polished with common blacking.

## IMPROVING THE COMPLEXION.

To improve the complexion, some flowers of sulphur should be mixed with a small quantity of milk, and, after standing a few hours, it may be rubbed on the skin.

## GREASE SPOTS.

French-chalk is useful for removing grease spots from clothing.

Spots on silk will sometimes yield if a piece of blotting-paper is placed over them, and the blade of a knife is heated (not too much) and passed over the paper.

#### STICKING PLASTER.

Stretch a piece of black silk on a wooden frame, and apply dissolved isinglass to one side of it with a brush. Let it dry; repeat process, and then cover with a strong tincture of balsam of Peru.

#### TO LOOSEN STOPPERS OF TOILET BOTTLES.

Let a drop of pure oil flow round the stopper, and stand the bottle a foot or two from the fire. After a time, tap the stopper smartly—but not too hard—with the handle of a hair-brush; if this is not effectual, use a fresh drop of oil, and repeat the process; it is pretty sure to succeed.

#### CLEANING JEWELRY.

Gold ornaments are best kept bright and clean with soap and warm water, with which they should be scrubbed, a soft nail-brush being used for the purpose. They may be dried in box sawdust, in a bed of which it is desirable to let them lie before the fire for a time. Imitation jewelry may be treated in the same way.

For cleaning silver, either articles of personal wear or those pertaining to the toilet-table or dressing-case, there is nothing better than a spoonful of common whitening—carefully pounded so as to be without lumps—reduced to a paste with gin. It answers admirably.

#### PASTE FOR RAZOR-STROPS.

Flour of emery, washed so as to be free from the coarse particles, two drachms; colcothar, commonly called *crocus*, or *crocus martis*, washed in like manner, one drachm. To be mixed together, and then worked up into a stiff paste with spermaceti ointment. This paste must be rubbed upon the razor-strop so as to cover the surface of this latter with as thin a coating as possible; it should then be smoothed with a glass bottle. The strop should not be used during forty-eight hours after the paste has been applied.



ROUGE AS A SUBSTITUTE FOR THE CARMINE OF THE CARTHAMUS.

There is a Brazil wood of a fine golden red color. It is called "Fernambucca Brazil wood." Take nine ounces of this wood: cut it into little bits and pound them well, in a very clean iron mortar, with a heavy pestle, so that the wood may be bruised almost to pulp. Put it into a well tinned stewpan with a quart of the best white wine vinegar. Let these ingredients boil together, after ebullition, during half an hour, keeping the stewpan well covered. Strain the liquid through linen, pressing out everything that will pass. Wash and wipe the stewpan, pour into it the strained liquid, and place it again on the fire. Meanwhile, dissolve in a pint of the same kind of vinegar, four ounces and a half of pounded alum. Mix the two liquids together over the fire, stir them with a wooden spoon entirely free from grease, and let them simmer. A scum will now arise, which must be removed with a clean skimmer, and after being drained from all liquid, must be placed upon sheets of clean letter-paper. This scum is the rouge. It must be very gradually dried by setting the paper on which it is placed in a slack oven, or on a stove not much heated, or at some little distance from the fire. Great care must be taken that no dust fall upon it. When dry, it is fit for use.

#### WHITE PAINT.

Talc, four ounces; distilled vinegar, one pint. The talc must be rasped to a fine powder, but without soiling it in the slightest degree. Having carefully sifted the powder, add it to the vinegar. Shake the bottle that contains it, three times a day during a fortnight, allowing eight or ten minutes to each shaking; then let it settle during two days more without shaking or agitation. Now, pour off the vinegar slowly, draining every drop from the powder at the bottom of the vessel. To this add a pint of distilled water, shake the bottle, and pour the whole contents into a basin, adding more distilled water to bring out any of the powder that remains behind. Add another quart of distilled water, and stir the whole well in the basin with a spatula of ivory or box, but not of metal. Let the powder settle and pour off the water. Wash the powder again in the same manner with distilled water, five or six times, until it is very smooth and soft. Then place it upon clean letter-paper and dry it in the manner directed for the rouge. When dry, sift it through a sieve with a bottom of silk. This powder is applied by putting upon a hare's foot, or the finger, a very little thin cold cream, and laying upon this a minute quantity of the powder.

# THE SCIENCE OR ART OF DRESSING WELL.

## FEMALE DRESS.

—'Tis no sin to dress ;  
Art improves nature.  
“ What cannot art attain !”

“ A prepossessing exterior, is a perpetual letter of recommendation ;” and daily experience proves, that first impressions are of considerable importance, not only in conciliating the good will of others, as producing a kind of preliminary esteem at first sight, but that they also not unfrequently determine our lot on the great theatre of human life, making or marring our future success, according as they made favorable or unfavorable impressions on the feelings and opinions of those at the time of our introduction to their notice and acquaintance.

This subject has been well commented on by Lavater, who properly said, that persons judiciously and habitually attentive to their attire, display the same regularity in their domestic affairs. “ Young women,” he adds, “ who neglect their toilette, and manifest little concern about dress, indicate a general disregard of order ; a mind but ill-adapted to the detail of domestic affairs ; a deficiency of taste, and of the qualities that inspire love :—they will be careless in every thing. The girl at eighteen, who desires not to please, will be a slut, or a shrew, at twenty-five. Pay attention, young men, to this sign ; it never yet was known to deceive.”

These dicta are powerful arguments in proof of the policy and propriety of attention to dress.

Among the most polished nations of modern times, the taste for dress is also predominant. The outcry about its folly and vanity is unheeded. Though homily after homily, and sermon after sermon have been preached and printed, the love of dress and ornament still remains predominant in the human heart, and still finds its votaries in every grade and station of life. The reign of embellishment is and has been predominant and ever will be so in the female heart.

The conquests of fashion and the love of embellishment are all prevalent; even the Quakeresses are capitulating, and the reason is founded on policy and good sense. Nothing conduces more to the display and heightening of female beauty and loveliness than appropriate and tasteful dress. Hence it is evident that the desire of exhibiting an amiable exterior is essentially requisite in the female sex, for the charms of a beautiful woman are heightened and enhanced by a proper attention to the elegance of dress and attire, just as a beautiful painting derives additional beauty from tasteful and judicious framing.

This desire is attainable by a knowledge of dress doctrines, by a due attention to an elegant simplicity and a judicious choice or disposition of dress. For dress is the natural finish of beauty; without it, a handsome person is a gem, but a gem that is not set, and is in want of an intelligent artist to give it, by means of a brilliant chasing, all the lustre of which it is susceptible.

The art, therefore, of imparting a charm to beauty, by the proper selection and adjustment of the various articles of attire to the female form and figure, and by the harmonious blending or agreeable contrasting together of the various articles of which it is composed, is of the highest consideration and importance in the duties of THE TOILET.

Nature in her grand amphitheatre of grace and beauty has exhibited in the female form, certain defined and settled rules and canons may be safely laid down for its graceful and fashionable display—for drawing out and heightening the graces of the form and the delicacy of the complexion, and giving expression to all the “witchery and winning,” “the charms and sweetness” of that “most replenished sweet work of Nature,” LOVELY WOMAN; and investing her beauteous form in “a pomp of winning graces.”

These rules or canons may be reduced to the following few brief aphorisms:—



1. However imperative the authority of fashion may be—(for in her variable flights and caprices she frequently soars beyond the reach of propriety, and is frequently the exterminating angel of beauty)—her laws ought always to be under the subjection of taste and in obedience to its fundamental principles. A dress may be in the first style of fashion, and yet may infringe on every rule of good taste, and altogether disfigure the lady for whom it was made. Fine figures are often destroyed by absurd arrangements, beautiful faces spoiled by awkward head-dresses, and complexions ruined by an injudicious choice of colors. General fashions should only be conformed to when, as Goldsmith has well said, they are not repugnant to private beauty. But unhappily the ladies do not think so. Mrs. Bustlebody has only to use these talismanic words, "It is worn so," to make the dear creatures put on any absurdity, and really make "*frights*" of themselves. But, unhappily, the arbitrary laws of fashion and the dictation of the milliner are all-powerful in this respect. By the magic whisk of her needle, the latter can impose on her worshippers any fashion she pleases.

2. "The Toilette," like an accompaniment in music, ought to harmonize with the person; it ought to vary according to the figure and general contour, the features, the physiognomy, and the color of the complexion and that of the hair.

Ladies, therefore, who aim at grace and symmetry in the display of their forms, must consider the character of their figures, and adapt their dress to personal peculiarities, to the style and character of the features and figure,—in a word, to the bias and direction of Nature in their conformation. Fashions invented for some tall and slender arbitress of taste do not become the short, stout, or petite figure, and the contrary. The ridiculous and servile observance of that ever varyingameleon *La Mode* or Fashion, and "the run of the town" by ladies "of all casts, sizes, and figures," has been justly and ingeniously satirized: "If fashion gives the word, every distinction of beauty, complexion, and stature, ceases. Sweeping trains, and Russian bonnets, or bonnets with snouts as long as an elephant's proboscis, or margins as broad as a coal-heaver's shovel, and trollopees, as like each other as if they had been cut from the same piece, level all to one standard. The mall, the gardens, the play-houses, are filled

with ladies in uniform; and their whole appearance shows as little variety of taste as if their clothes had been bespoke by the Colonel of a marching regiment, or fancied by the artist who dresses the three battalions of guards."

"Mrs. Bustlebody," adds another ingenious critic on female dress, "has only to use these talismanic words 'It is worn so,' to convince the dear and gentle Sex that it is really fashionable, when the dear creatures like lambs will even assume the costume of a short-coated opera figurante, or kindly condescend to sweep the streets in the character of Dorothy Draggie Tail."

3. As has just been said, the dress should be adapted to the figure, so as to harmonize with it. The same form of costume and style of dress does not become all figures. The airy form and the majestic character require very distinct varieties and degrees of attire. The graceful figure of the first style or character of beauty should be arrayed in a corresponding style of dress, —light, tasty, and elegant; and no furbelows or heavy ornaments or trimmings should warp or encumber its outline and simplicity. On the contrary, the dress of the majestic form should be of more substance, more ample in its folds, more abundant in its drapery, and be long and flowing; gems, embroidery, and waving plumes, are her appropriate ornaments. And in either case, whether that of the airy or the majestic form, the habiliments should be neither scantily circumscribed, nor larger than is requisite; but should be sufficiently full to fall easily in diverging folds from the waist downwards to the feet, in lightly flowing and clustering drapery.

"The mantle or cottage-cloak should never," as observed by a writer, who by her own personal elegance proved the correctness of her taste, "be worn by females exceeding a moderate embonpoint; and we recommend winter garbs to be formed of double sarsnet, or fine Morina cloth, rather than velvets, which (except black) give an appearance of increased size to the wearer. In the adoption of furs, flat ermine, or fringe fur is better suited to the full-formed woman than swan's down, fox, chinchilla, or sable; those are graceful appendages for the more slender. Women of a spare habit, and of a tall and elegant height, will derive considerable advantage from the full flowing robe, mantle, and Roman tunic. The fur trimming, too, gives to them an appearance of roundness which Nature has denied; and to this

character or style of person we can scarcely recommend an evening dress more chaste, elegant, and advantageous, than robes of white satin, trimmed with swan's down, with draperies of silver or gossamer net."

A judicious dresser will, therefore, select attire and habiliments that harmonize with the peculiar style and character of her figure, and will never follow fashion further than becomes the cast and contour of her person; she will adapt her dress to her complexion and figure, to her face and person without any regard to the prevalent fashion of the time. Dress to be becoming should be so adapted as to bring out the natural beauties of the person. To look well we must look natural. An appropriate style of dressing is no bad indication of correct taste and sound judgment, and is no indifferent test of the delicacy of mind of the wearer, which is one of the chief attractions of womankind.

4. But of all the secrets of "THE ART OR SCIENCE OF DRESSING," the greatest lies in simplicity:—

" Let art no useless ornament display,  
But just explain what Nature meant to say."

In order that the beautiful outline of a well-proportioned form may be seen in the contour of the dress, and every symmetrical line preserved, it is not only necessary that the divisions of the dress should be few and simple, but the dress should be also free from all meretricious or redundant ornament; for either of these defects distracts the attention of the beholder, and detracts from feminine loveliness either of form or of feature. In no particular do tiremen and tirewomen display their absurdity and bad taste, and almost Gothic ignorance of the principles of drapery in painting and sculpture, than in their violation of the laws and principles of simplicity and harmony. Every lady should therefore consult her own taste, and take care that it is properly chastened by the laws of Nature and the rules of the artist. The aim and design of all correct dressing is grace and propriety rather than exuberance and multiplicity. A multiplicity of ornaments always distracts the attention, and detracts from female charms and loveliness; to over-load the person with superfluous and ill-assorted ornaments is not only destructive of female beauty, but it is ridiculous and a violation of all the rules of good taste and



propriety. By every person of sense, they are regarded as a sort of make-weights in a scale, to supply those endowments of which Nature has been a niggard in the dispensation of her gifts and bounties. Good looks depend more on good taste and good sense than on the milliner or the jeweler. Art to be effective in the display of the human figure must be the handmaid of Nature. Though your gown, bonnet, or shawl, be not of the most expensive articles, and not of the latest fashion, yet if they be made with taste and simplicity and worn gracefully, they will be more becoming than if made in a tawdry manner, and ornamented with a heap of finery. Avoid all bushels of bustles, and the detestable bad taste of a hundred colors of ribbons, and ends and points flying about you.

When a lady is disproportionately broad in the bust, the more plainly the shoulders are trimmed the better, as in that case a diminished effect is required. On the other hand, if the bust is disproportionately narrow, the epaulette ought to be very full, the sleeve falling off the shoulder, and the trimming to correspond in producing an increase of breadth to make up the deficiency of Nature; or the epaulettes should be formed on the outer edge of the shoulders very full, and both the bosom and back of the dress should run in oblique folds from the point of the shoulder to the middle of the bust. The trimmings required for a slender form ought to be fuller than for a form partaking of embonpoint. Any projection from the shoulders of the nature of tippet, spencer, frill, or trimming of any kind destroys that beautiful undulation of the figure which begins at the shoulders, by forming a kind of angle or interruption of the line of beauty, that ought never to be broken or interrupted. No ill-fitting dress should be worn, as it destroys the contour of the figure. A dress, according to the artistic treatment of drapery, should either fit closely, or be sufficiently loose to form graceful and natural folds.

Short Women destroy the symmetry of their forms, and encumber their charms with redundancy of ornament. "A diminutive woman befeathered and befurbelowed looks," says a humorous writer, "like a queen of the Bantam tribe, whom we dare not approach for fear of ruffling her plumes." Neither do long waists and high flounces become short figures. Their trimmings

should be placed as low and the dress be made as long as possible, of a moderate width, and hang in graceful folds. Tall Women should wear wide skirts and deep flounces; for the lines being broken by the flounces, the height of the figure will be diminished. Where the lower posterior part of the body is too flat, an elevation may be given it, by the top of the skirt being gathered behind, and the bustle or tournure being put into requisition. If the anterior or front lower part of the body is too prominent, the prominency may be rendered less apparent by shortening the waist, and making a corresponding projection behind; at the same time imparting an expansion to the bosom or increasing its apparent volume. Where the haunches are too narrow, care should be taken that the bottom of the dress is not too wide. Waists too long may be made to appear less by a stomacher, or something equivalent, imparting a corresponding appearance to the dress behind. The top of the dress should also be laid smooth across the shoulders, and drawn in plaits to a narrow point at the bottom of the waist. The defect of a long waist may also be concealed by the fullness of the petticoats supported by a small bustle, or the tournure of the French, which consists of a handkerchief drawn up by the end through the staylace. This substitution for the bustle raises up the folds of the dress and makes them fall elegantly. By way of giving a finish to the style and arrangement of the dress, the robe is then drawn a little to one side, passed down on the hips with the back of the hand, and the tips of the fingers are passed several times through the folds behind to make them fall tastefully.

5. But among all the "Secrets of the Toilette," none requires more taste and skill in being called into action than the proper selection and combination of colors—(the copying of the beauties of Nature's creation in lovely Woman's dress;) for either agreeable harmonies, or excruciating discords, may be produced from the juxtaposition of hues. To those who have paid no attention to this subject, it is inconceivable how much the choice of colors contributes to heighten the beauty of the skin and the general cast of the features. Though a color may appear beautiful in itself, it may not be favorable for the display of the beauty of all Women. Often the color, which the tyranny of fashion has introduced into vogue, is injurious to the most beautiful

countenance. It can scarcely be conceived, by those who have paid little or no attention to these matters, how much the color of a dress, or of a shawl, may heighten or destroy the beauty of a complexion, and how much the Sex in general neglect these (to them) important particulars. The truth is, few Women have any correct ideas of the harmony or the agreeable assemblage and contrast of colors. As the object of the employment of colors is to heighten the lustre of the skin, or to disguise the want of that quality, when ill-assorted or injudiciously adopted they destroy female loveliness; where tastefully assorted or selected, they materially contribute to enhance it, and even improve plain features. By the proper adjustment of colors to the complexion of the wearer, and their harmonious blending or agreeably contrasting with the attire, beauty is materially assisted or marred.

Harmony must therefore be maintained between the complexion and the colors of the dress; for it is not sufficient for the skin to be actually beautiful, but it must likewise appear so. This object is attained by the proper choice or tasteful selection and harmonious assortment of colors employed in dress. Colors, as has been said, when ill-assorted, may totally eclipse the charms of the most beautiful face; on the contrary, when used with taste, they may enhance the attractions of a very inferior complexion. The adaptation of colors, and the harmonizing and properly contrasting of them, so as to produce the desired effect, are points therefore of great importance, and require a very nice discrimination in their assortment, and accurate judgment in their application. The general rule for the attainment of this object is to consider to which of the primary colors (yellow, red, and blue) the complexion of the wearer bears the affinity; by attending to this simple rule, we can be enabled to pronounce which best harmonizes with the complexion, and which will offend by apposition or an ill-accommodated contrast. The particular rules are:

It is an important point, before a fashionable color is adopted, to determine how far it will harmonize with the complexion; whether it will tend rather to injure than to improve its beauty; for different colors produce different effects on the female complexion. Those colors which seem most appropriate to beauty, are the milder of every sort—light greens, soft blues, weak whites, pink reds, and violets. If they are strong and bright, they must



be diversified, and never of one strong predominant color. Brilliant colors, or flaming reds, bright blues, and yellows, should be cautiously employed. Delicate and subdued colors are, as has just been stated, the most chaste and pleasing. The predominant principle of the colors employed in dress should contrast or harmonize as much as possible with the complexion; and the color of the trimmings ought in the same way to harmonize tastefully with the dress, and form a pleasing contrast with it. Generally speaking, however, trimmings and embellishments will bear a greater richness of colors than the ground-work or principal material of the dress.

Where the lily predominates in the complexion, (indeed, it may be said in the case of all fair females,) light and brilliant colors, as rose, azure, light yellow, &c., should prevail in their dress. These colors heighten the lustre of the fair complexion, which, if accompanied with darker colors, would frequently have the appearance of alabaster, without life and without expression. On the contrary, women of a dark complexion who dress in these colors, cause their skin to appear of a dull blackish hue. They should therefore avoid wearing linen or laces of too brilliant a white, or white robes, and rose-colored or light-blue ribbons, as those colors will produce a disagreeable contrast with their countenances. The colors best suited to dark complexions are green, violet, puce, blue, purple, and some of the varieties of yellow; and then that dark hue, which was only the effect of too harsh a contrast, will appear to great advantage, and become lively and animated. In more abstract language, the fair complexion should have its paleness corrected by light colors; and the dark countenance, by the stronger colors.

Azure is best suited to a pale tint, and the tender color of the queen of flowers perfectly harmonizes with the roses of the cheeks; but if the face displays too lively a carnation, then the beautiful livery of Nature is best adapted to the female countenance. In complexions where neither the rose nor the lily predominates, the harmonizing colors are rose or a fine white, and the contrasting colors pink, pale green, and lilac. The principal part of the dress should therefore consist of the harmonizing color, while the contrasting color should compose the ornaments or trimmings. Whatever its gaudy or glaring, has an injurious effect on a com-

plexion partaking of a fine carnation. When black or any other dark color is worn by a lady of delicate complexion, the dull effect produced on the countenance should be enlivened by trimmings of some of the contrasting colors.

In florid complexions, where the carnation is too high and obtrusive, such colors must be chosen as will tend to diminish it by contrast or comparison, and the ornaments and trimmings should always be of a brighter and more attractive hue than the color of the complexion.

Complexions distinguished for the delicacy and transparency of the skin, should be set off by comparison or contrast. In the first case, delicate greens and lilacs will produce the necessary effect; and in the second, dark colors, provided they are not too deep and harsh, may be worn with advantage.

For the pale complexion, the colors best adapted are the different shades of grey, pale yellows, puce and lilac. Black, trimmed with pale rose or pink, is well suited to this complexion. When females of this complexion wear white garments they should animate them with draperies mantles, scarfs, ribbons, &c., of pale pink, blossom color, celestial blue, lilac, dove color, or primrose.

The colors that harmonize best with the sallow countenance are the several shades of green, blue, red, and purple. White, grey, and black colors increase the shade of sallowness, and light colored ribbons are far from producing an agreeable effect. The bright colors, especially yellow and orange, in all their shades, form the best contrast with the dark and pleasing tint of the brunette.

But it is not only necessary to adopt such colors as are best suited to the complexion, but care should be taken that the different colors admitted into the various parts of the dress should perfectly harmonize or agree together; for nothing is more harsh than the contrast of colors of the same kind. Thus, a rose colored hat and a crimson shawl are at variance with all the laws of contrast or harmony. Attention is also necessary to be paid to the effect produced by the "tout ensemble" of the colors employed in the dress; for a particular color which alone, or assorted with suitable colors, would appear pleasing, is often rendered ridiculous, unbecoming, or ungraceful, by the contrast with others. Thus, the exhibition of a light blue robe, with either

the colored hat or shawl above-mentioned, makes the caricature complete.

Another rule in the employment of colors in dress is deserving of equal attention. It is of importance to observe, that you do not overstep the boundaries of good taste in the number and variety of colors which you may employ. You may display the greatest taste and judgment in the contrast and harmony of colors; and yet, owing to their profusion, they may obtrude themselves too glaringly on the eye, drawing the attention more to the dress than to the countenance and figure of the person, an error which ought to be carefully avoided; the fewer the colors are which are used, the more simple and graceful will be the effect.

In the canons of the laws of harmony and contrast, size, or the magnitude of objects, has also its rules to be observed in regard of colors; large objects appear to greater advantage in sober colors than smaller ones. Lightly graceful figures appear most advantageously in light colors; and when white is not the color of their attire, the most tender shades of green, yellow, pink, blue, and lilac, are the hues most friendly to the display of their charms; whereas the more sober shades are adapted to the majestic forms. Black, however, not only suits the complexion of all forms, and is becoming to all figures, but is at once piquant and elegant; it has a surprising effect in imparting grace and elegance to a well-turned form.

In costume, nothing is more common than to see tints employed together which are discordant; for example, purple and green. Now, be the dress or bonnet ever so well made, and the wearer ever so beautiful, the effect of such ignorance will be unpleasant in the extreme.

Every color has its perfect harmnoy, which is called its contrast, and also other colors which harmonize with it in different degrees. When two colors are associated which do not accord, the addition of a third may make a harmonious group. The same rule holds good with three or more colors.

There are two kinds of harmony acknowledged in the grouping of colors, namely, the *harmony of contrast* and the *harmony of analogy*.

When two colors which are dissimilar are associated agreeably, such as blue and orange, or lilac and cherry, they form a *har-*



*mony of contrast.* And when two distant tones of one color are associated, such as very light and very dark blue, they harmonize by *contrast*. Of course, in the latter instance the harmony is neither so striking nor so perfect.

When two colors are grouped which are similar to each other in disposition, such as orange and scarlet, crimson and crimson-brown, or orange and orange-brown, they form a *harmony of analogy*. And if two or more tones of one color be associated, closely approximating in intensity, they harmonize by *analogy*.

The harmonies of contrast are more effective, although not more important, than those of analogy; the former are characterized by brilliancy and decision, while the latter are peculiar for their quiet, retiring, and undemonstrative nature. In affairs of dress both hold equal positions; and in arranging colors in costume, care must be taken to adopt the proper species of harmony.

The simplest rules to be observed are the following: 1. When a color is selected which is favorable to the complexion, it is advisable to associate with it tints which will harmonize by analogy, because the adoption of contrasting colors would diminish its favorable effect. 2. When a color is employed in dress which is injurious to the complexion, contrasting colors must be associated with it, as they have the power to neutralize its objectionable influence.

We will take an example illustrative of the first rule. Green suits the blonde, and, when worn by her, its associated colors should be tones of itself (slightly lighter or darker,) which will rather enhance than reduce its effect.

As an example of the second rule, we may take violet, which, although unsuitable to brunettes, may be rendered agreeable by having tones of yellow or orange grouped with it.

Colors of similar power which *contrast* with each other mutually intensify each other's brilliancy, as blue and orange, scarlet and green. When dark and very light colors are associated, they do not intensify each other in the same manner; the dark color is made to appear deeper, and the light to appear lighter, as dark blue and straw-color, or any dark color and the light tints of the complexion.

Colors which harmonize with each other by *analogy* reduce

each other's brilliancy to a greater or less degree; as white and yellow, blue and purple, black and brown.

In dress it is objectionable to associate together different hues of one color; for instance, yellow-green, and blue-green, or orange-brown, and purple-brown. Care must therefore be taken in selecting different tones of a color to see that they belong to the same scale.

There is another fact we wish to bring before our readers ere we close our remarks on the harmony of color, namely, that tints which accord by daylight may appear unharmonious by artificial light, and *vice versa*; thus, purple and orange harmonize by day, but are disagreeable by gaslight; and white and yellow, which are unsatisfactory by daylight, are suitable for evening dress.

There are many colors which lose much of their brilliancy and hue by gaslight, and are therefore unserviceable for evening costume; of this class we may enumerate all the shades of purple and lilac, and dark blues and greens. Others gain brilliancy in artificial light, as orange, scarlet, crimson, and the light browns and greens. It is advisable that all these circumstances should be considered, in the selection of colors for morning and evening costume.

Our readers will find the following list of harmonious groups of service in the arrangement of colors in dress; we have given the most useful as well as the most agreeable combinations.

Blue and gold (or gold-color), a rich harmony.

Blue and orange, a perfect harmony.

Blue and crimson harmonize, but imperfectly.

Blue and pink, a poor harmony.

Blue and salmon-color, an agreeable harmony.

Blue and lilac, a weak harmony.

Blue and drab harmonize.

Blue and stone-color harmonize.

Blue and fawn-color, a weak harmony.

Blue and white (or gray) harmonize.

Blue and straw-color harmonize.

Blue and maize harmonize.

Blue and chestnut (or chocolate) harmonize.

Blue and brown, an agreeable harmony.

Blue and black harmonize.

Blue, scarlet, and purple (or lilac) harmonize.  
Blue, orange, and black harmonize.  
Blue, orange, and green, harmonize.  
Blue, brown, crimson, and gold (or yellow) harmonize.  
Blue, orange, black and white, harmonize.  
Red and gold (or gold-color) harmonize.  
Red and white (or gray) harmonize.  
Red, orange, and green, harmonize.  
Red, yellow (or gold-color,) and black, harmonize.  
Red, gold-color, black and white, harmonize.  
Scarlet and blue harmonize..  
Scarlet and orange harmonize.  
Scarlet and slate-color harmonize.  
Scarlet, black, and white harmonize.  
Scarlet, blue and white harmonize.  
Scarlet, blue and gray harmonize.  
Scarlet, blue and yellow harmonize.  
Scarlet, blue, black, and yellow harmonize.  
Crimson and gold (or gold-color,) a rich harmony.  
Crimson and orange, a rich harmony.  
Crimson and maize harmonize.  
Crimson and purple harmonize.  
Crimson and black, a dull harmony.  
Crimson and drab harmonize.  
Crimson and brown, a dull harmony.  
Yellow and purple, an agreeable harmony.  
Yellow and blue harmonize, but cold.  
Yellow and violet harmonize.  
Yellow and lilac, a weak harmony.  
Yellow and chestnut (or chocolate) harmonize.  
Yellow and brown harmonize.  
Yellow and red harmonize.  
Yellow and crimson harmonize.  
Yellow and white, a poor harmony.  
Yellow and black harmonize.  
Yellow, purple, and crimson harmonize.  
Yellow, purple, scarlet, and blue harmonize.  
Green and gold, or gold-color, a rich harmony.  
Green and yellow harmonize.  
Green and orange harmonize.



Green and scarlet harmonize.  
Green, scarlet, and blue harmonize.  
Green, crimson, blue, and gold, or yellow, harmonize.  
Orange and chestnut harmonize.  
Orange and brown, an agreeable harmony.  
Orange, lilac, and crimson, harmonize.  
Orange, red, and green harmonize.  
Orange, blue, and crimson harmonize.  
Orange, purple, and scarlet harmonize.  
Orange, blue, scarlet, and purple harmonize.  
Orange, blue, scarlet, and claret harmonize.  
Orange, blue, scarlet, white, and green harmonize.  
Purple and gold, or gold-color, a rich harmony.  
Purple and orange, a rich harmony.  
Purple and maize harmonize.  
Purple and blue harmonize.  
Purple and black, a heavy harmony.  
Purple and white, a cold harmony.  
Purple, scarlet, and gold-color harmonize.  
Purple, scarlet, and white harmonize.  
Purple, scarlet, blue, and orange harmonize.  
Purple, scarlet, blue, yellow, and black harmonize.  
Lilac and gold, or gold-color, harmonize.  
Lilac and white, a poor harmony.  
Lilac and gray, a poor harmony.  
Lilac and maize harmonize.  
Lilac and cherry, an agreeable harmony.  
Lilac and scarlet harmonize.  
Lilac and crimson harmonize.  
Lilac, scarlet, and white, or black, harmonize.  
Lilac, gold-color, and crimson harmonize.  
Lilac, yellow, or gold, scarlet, and white harmonize.  
White and gold-color, a poor harmony.  
White and scarlet harmonize.  
White and crimson harmonize.  
White and cherry harmonize.  
White and pink harmonize.  
White and brown harmonize.  
Black and white, a perfect harmony.  
Black and orange, a rich harmony.

Black and maize harmonize.

Black and scarlet harmonize.

Black and lilac harmonize.

Black and pink harmonize.

Black and slate-color harmonize.

Black and brown, a dull harmony.

Black and drab, or buff, harmonize.

Black, white, or yellow, and crimson harmonize.

Black, orange, blue, and scarlet harmonize.

Flounces should be made of such materials namely: muslin, gauze, or barege, as are calculated to be flexible and impart to the wearer the appearance of a receding angel or a dissolving view; they should not flop or be stiff, and break the flowing lines of the petticoat, or throw light and shade where they ought not naturally to appear.

Of all the arcana or mysteries of the Science of Dressing, in few do American ladies offend more against the rules of artistic skill, than in the tasteful and becoming manner of wearing a shawl. Shawls, instead of being worn uniform on both sides, and the patterns straight up and down, should be worn up one shoulder and down the other, or in some way drawn irregularly, so as to break the uniformity. Nothing is more picturesque than a line across the bust. On this account the long scarf shawl is as picturesque an appendage as a lady can wear, with the broad pattern sweeping over one shoulder, and a narrow one, or none at all, on the other. It supplies the eye with that irregularity which drapery requires; while the slanting form and color of the border, lying carelessly round the figure, gives that eastern idea which every shawl more or less implies.

With respect to the choice and form of bonnets, the rules may be thus briefly stated.

A narrow face should have a bonnet with the front well exhibiting the lower part of the cheeks. On the other hand, a broad face should have a closer front; if the jaw is wide, the appearance may be diminished by bringing the corners of the bonnet sloping to the point of the chin. Round faces should have the bonnet brought forward so as to cover part of the cheek. When the neck of a party is long, the neck of the bonnet should descend, and the neck of the dress rise. A short neck should have the whole of the bonnet short and close in the perpendicular direc-

tion, and the neck of the dress should be neither high nor wide.

When the complexion is too yellow, yellow round the face removes it by contrast, and causes the red or blue tinges that may have been introduced, to predominate; lilac or any shade of purple around the face would increase the yellow cast. When too much red predominates red round the face removes it, and causes the yellow or blue appendages to predominate. When too much yellow and red predominate, then blue removes it by contrast, and the yellow and red predominate. When too much yellow and red predominate, then orange is to be used by way of contrast. When too much red and blue, then purple. When too much blue and yellow, then green. As the linings of bonnets reflect their color on the face, and transparent bonnets transmit their color, and tinge the countenance, fair complexions are aided by the contrast produced by light colors, and dark faces by darker colors. To pale faces, the application of yellow would by contrast produce a livid hue; that of red, a green hue; and that of blue, a sallow hue. White and black best suit pale complexions.

We must not omit a very important observation respecting the change of colors by the light. A female may be dressed with exquisite taste, and appear charming in the day-time; but, at night, the effect is totally different, and this enchanting dress is totally eclipsed at the theatre or the ball. Another is charming at night, her taste is extolled. Delighted with these praises, she resolves to show herself abroad, and her toilette is detestable. To what is this owing? To the choice or the assortment of the colors?

Thus crimson is extremely handsome at night; but if it be substituted for rose-color, all its charms are lost by gaslight; but this crimson, seen by day, spoils the most beautiful complexion; no color whatever so completely strips it of all its attractions. Pale yellow, on the contrary, is often very handsome by day, but at night it appears dirty, and tarnishes the lustre of the complexion. At gas-light, those colors should always be chosen which are adapted to add brilliancy to the complexion.

Jewelry and ornamental flowers are not only elegant but attractive. Pearls are specially adapted for fair complexions, as are also turquoises; sapphires, emeralds, or rubies are more favorable to dark skins. Jewelry, however, should not adorn the



neck and the bosom, or even the hands that are defective either in color or symmetry; as instead of imparting an additional charm, they draw the attention of the beholder to the defects. and though the simple wreath of roses, the jessamine, the snow-drop, the lily of the valley, the violet, the primrose, the myrtle, the ranunculus, and a long train of Nature's sweets, offer themselves at the shrine of Female Beauty, and gracefully harmonize with its charms and loveliness, and that a single rose or flower disposed in tasteful ambush is often very effective—wreaths of flowers should not be interwoven with hair of a bad color. Feathers sparingly employed produce a good effect when they harmonize with the dress. Furs should never be worn unless richly; shabby economical cat's furs look like all poor affectations, very contemptible.

Such are the rules and canons for the tasteful display and adjustment of dress. But though taste and judgment in the choice and adjustment of dress, and a correct knowledge of the principles which ought to guide the adaptation of the various parts of the female costumes to the style and character of the wearer, are necessary for the full and effective display of beauty, it should be recollected, that too studied an attention to dress—too formal a display of its attractions—tend to weaken and impair its effect, and to leave but an indifferent impression on the mind of the beholder of the judgment of the wearer. Showy or exaggerate dressing and a multiplicity or a tasteless assortment of artificial decorations, and tinsel and trumpery of all kinds, destroy the Poetry of Beauty, and have the effect of inducing the belief, that the wardrobe of the body is of more value in the estimation of the wearer than the wardrobe of the mind and heart. "A sweet disorder," or in prosaic language an apparent inattention "in the dress," often produces a much higher effect than the most studied and scrupulous conformity to rule and fashion.

#### DRESS FOR ELDERLY LADIES.

Dress, to be appropriate and becoming, should be suited to the age of the wearer; nothing is more unbecoming than anachronism in the adornment of the person. How often has the desire to enjoy perpetual youth and beauty betrayed a sensible woman into a ridiculous assumption of the dress and decorations

becoming only females in the morning of life, or the spring of youth. But how destructive of all feminine influence and attractions are pretensions so ill-judged. They are like putting wretched daubs of pictures in rich and magnificent frames. The seasons of life should be arranged like those of the year; that is, an appropriate style of dress,—a harmony between the materials and the fashion of the apparel and the age of the wearer, is as necessary as that spring-tide should be decked in all the gayety and loveliness of Nature, while autumn is clad in a more sober and less dazzling livery. It has been well said, that anachronism in dress is destructive of all female grace and dignity, as anachronism in date is destructive of all reliance on historical authority. Can there be a more ridiculous exhibition of character, than to see the wrinkled and waning fair one bedecked in the light and lucid apparel, the lightly-flowing drapery, and the tender or the bright and brilliant colors of the youthful or the bridal beauty? or concealing those indiscreet witnesses of the rapid progress of years—those outward and visible signs of the cruel ravages of unsparing Time and “the crime of old age”—grey hair, and wrinkles, under the cloak and mantle of tendrilled locks and the flowing and undulating tresses of the youthful beauty, in which Love delights to sport and revel? Luxuriant ringlets gracefully waving over the wrinkles of age and decrepitude, serve any purpose than to impart an interest to the “worse-for-wear ladies” in appearance. At that season of life it is natural to prefer seeming maidenly to seeming matronly.

Lastly, though it is becoming in Women to attend to the embellishment of their persons, yet an inordinate degree of care is unbecoming, if not reprehensible. Instead of giving an unrestrained indulgence to her “passion for dress,” every sensible and well disposed Woman will endeavor to curb the excesses of “each revolving mode of fashion,” with which she is, from her station in life, obliged to comply, and will so contrive to abbreviate the duties of THE TOILETTE, that they should not trench on the time that should be devoted to the useful and necessary avocations of life, and the cultivation and embellishment of the mind,—pursuits that constitute “the genuine charms” of womankind, and which are the best calculated of all the Sex’s “magazine of arms” to “win the castle of the heart.”

## GENTLEMEN'S DRESS.

Some years ago a lady thus discarded upon the outward appearance of the Lords of Creation.

"The male costume," "is reduced to a mysterious combination of the inconvenient and the unpicturesque, which, *except in the light of a retribution*, it is puzzling to account for. Hot in summer, cold in winter, useless either for keeping off rain or sun—stiff without being plain—base without being simple—not durable, not becoming, and not cheap. Man is like a corrupt borough; the only way to stop the evil, has been to deprive him of his franchise. He is no longer even allowed the option of making himself ridiculous. Not a single article is left in his wardrobe with which he can make an impression—a conquest is out of the question. Each, taken separately, is as absurd as the emptiest fop could have devised, as ugly as the staunchest Puritan could have desired. The hat is a machine to which an impartial stranger might impute a variety of useful culinary purposes, but would never dream of putting on his head. His stock looks like a manacle with which he has escaped from prison, or his cravat like a lasso with which he has been caught in the act. His shirt collars are execrable and entitled to the German appellation of *water-moderin* (father-murderers or cut-throats.) His coat is a contrivance which only covers half his person, and does not fit that; while his waistcoat, if a straight one, would be an excellent restraint for one who can contentedly wear the rest of the costume. Each article, in addition, being under such strict laws, that whoever attempts to alter, or embellish, only gets credit for more vanity than his fellows, and not for more taste."

The above applies, with perhaps less force to male costume now than it did then. But materially we are still the same. The trousers, however fitted for bustling and quick motion, are ungraceful, and serve only to expose an ill-formed leg, or to conceal a good one. Nevertheless, certain rules and maxims may be of service to our readers, even in this ungraceful age.

Let us begin with hats. Of these we have little to say, and that little is not in their favor. The "section of a funnel," as it has been called, which covers our heads, is both inconvenient and ugly. We beg all our male and female readers to endeavor



as far as possible to remedy this injury, by voting in favor of some other head dress. The slouch felt hats which are worn in the country are infinitely to be referred.

The hat covers the forehead, which in all cases adorns the face. People who observe, know that when actors wish to represent a villain, they let fall a mass of hair over the forehead, which at once gives them a *hang-dog* look. The hat should, on the contrary, cover little of the forehead; yet, if worn at the back of the head—it gives a feeble expression. The hat should not be too tall, and should not be thrust too far over the eyes. Men with thin faces should choose hats with somewhat narrow brims. Those with fat round faces, those with broad brims. Little men should never, (though unfortunately they always do so,) wear tall coverings for the head; the effect being, that their faces seem almost in the centre, midway betwixt the top of the hat and the ground.

Of the color of the hat little can be said, black being prevalent, and used for “dress.” White hats only suit men of very brilliant fair, or dark brown complexions. To surroand a white hat with a black band, seems to us to set at defiance good taste, and to approximate to the “black-guard.” In shape, hats should be near the prevailing fashion; anything *outré*, or new in shape, draws the attention of the crowd, and makes a man remarkable.

The coat may be of every variety of color, the quieter the better. In morning dress, those rather elegant, and certainly comfortable coats which are like shooting-jackets, may be also worn. For the evening, however, only the ugly “dress” coat can be put on in society.

In choosing the colors of ordinary and walking costume, the same rules should be adhered to which are given for the ladies. Thus a stout man will inevitably increase his apparent size by a light coat and waistcoat; and a small man will diminish his size by wearing black. The rule to be deduced from this is plain.

Checks, cross-bars, and other large patterns, should never be used. If indulged in they should be adapted to the motion of the wearer's person. Horizontal stripes crossing the person are not admissible in garment fabrics,—the pattern quarrels with all the motions of the human figure, as well as with the form of the long folds in the skirt of the garment.

For the same reason, also, "large and pronounced checks, are, however fashionable, in bad taste, and interfere with the graceful arrangement of drapery."

These hints upon stripes and bars apply more especially to trousers, where bars across the leg seem to hinder a free motion, and bars running down the leg at once discover any unfortunate curve which it may possess.

Trousers have one advantage, they hide large feet. Those who have such, can easily take away the appearance resulting from it, by having the bottom of the trousers enlarged. Small feet are, if too small, as much a deformity as when too large.

The cravat and collar should be within the fashion, not to the extreme of it. The collars which are now worn by some young men are ridiculous, and must be very uncomfortable. The cravat should be, for evening dress, black or white; in the morning, of a color, which although subdued, suits the complexion of the wearer. It should be loosely tied, for nothing is more injurious than keeping the throat heavily wrapped up.

The few maxims which follow, partly original and partly modified from other writers, are general. Some of them apply to either sex:—

The shirt of a gentleman should be of fine linen. The front plain, not worked, nor ornamented in any way. Studs may be worn; they should be very good or very plain—fine brilliants or plain ivory or pearl. Colored stones in studs are vulgar.

It is not economical to have the dresses or garments made in the extremity of fashion, because such are remarkable, and soon fall out of date. The fashion should, however, be followed at such a distance that the wearer may not attract the epithet of old-fashioned.

The style of dress should be adapted to the age of the wearer. As a general rule, in youth the dress should be simple and elegant. In middle age, the dress should be of richer materials, and more splendid in character. In the decline of life, the material may be rich, but the colors should be subdued, and the whole costume simple, quiet, and dignified.

Nothing can be more mistaken than a passion for what is called "finery." "A person's manner," says Shenstone, "is never easy whilst he feels a consciousness that he is fine. The young

farmer, considered in some lights, appears genteel; but it is not when he is dressed on Sundays, with a large nosegay in his bosom; it is when he is reaping, making hay, or when he is hedging in his hurden frock,—it is then he acts with ease, and thinks himself equal to his apparel."

Dress should never appear the effect of too much study or application. When the labor to produce the effect is seen in a marked manner, the wearer is a fop.

A man's dress, in the former part of his life, should tend to set off his person, rather than to express riches or rank. In the latter, the reverse.

Shakespeare, whose authority on almost every point is of the highest value, gives the following terse and concise rule for style and quality of dress, from the mouth of a wise counsellor and courtier—

"Costly thy habit, as thy purse can buy,  
But not expressed in fancy; rich, not gaudy."

Nothing is more distinctive of a vulgar mind; than finery, out of place, or ignorantly chosen. Therefore, the habit is to be costly "as thy purse can buy," that is, as one can afford, but not gaudy or remarkable.

A man of a moderate and defined income, is not only guilty of folly, but also of dishonesty, if he wears finer and more expensive clothes than he can afford. Although far from recommending a distinctive dress for each class—the age being too far advanced for that barbarism—yet we would particularly caution the poor man from aping, beyond his means, the dress of the rich.

Foppery is not confined to the youth of man, but also extends itself to that of nations. No fops or dandies of Paris, or London, are more particular about their dress, than the Sioux Indian about the disposition and brilliancy of his war-paint; so both ancient and modern travelers assure us. Foppery may therefore be taken as a sure sign of weakness or vacuity of mind.

"We cannot," says Chesterfield, "help forming some opinion of a man's sense and character, from his dress. All affectation in dress implies a flaw of the understanding. Men of sense carefully avoid any particular character in their dress; they are accurately clean for their own sake, but all the rest is for the sake of other people."



A man should dress in the same style as the society in which he moves. If he dress more than they, he is a fop; if he dress less, he is unpardonably negligent. "Of the two," says Chesterfield, "a young fellow should be rather too much than too little dressed; the excess of that side will wear off with a little age and reflection."

Women are the best judges of men's dress, and generally men (of sense) of women's.

A negligence of dress is an impertinence which society will not tolerate.

When once dressed for the day, we should think no more of it afterwards; and, without any stiffness for fear of discomposing that dress, we should be as easy and natural as if we had no clothes on at all.

Lastly, the end of dressing is to be considered not to be the foolish adornment of the body, for the purpose of vanity or display of greater riches than our neighbors possess. It has for its purpose our defence against the elements, and the inclemencies the seasons, and our comforts. It is capable of much beauty, and also of the elevation of the mind even, when properly used. The dignified dress of a Portia, or a Lucretia, must always have been widely distinguished from that of a Lais or a Phryne. Of old times the philosopher was distinguished by his cloak and beard, the warrior by his martial surcoat, the senator and the citizen by their toga and flowing mantles. With us these distinctions, injurious to Christianity and subversive of brotherly unity, have been done away with, and to a large extent we all dress alike. Let it therefore be our care, since that alone remains for us, to express that outwardly in our garments, which we should wear inwardly in our minds,—calmness, gentleness, and quiet feeling, mixed with no violent contrasts or foolish fancies. Let us as men be manly; as women, be womanly and graceful, let each garment be suitable to its purpose, and when we have achieved this, let us rest satisfied that our actions do not belie our dress, and then we shall have attained that which so many strive after, and be attired as LADIES AND GENTLEMEN.

## HOW TO ACQUIRE THE PROPER AND GRACEFUL CARRIAGE OF THE PERSON.

If it be true, as Lord Bacon tells us, that the principal part of beauty consists in graceful motion and carriage of the person, it is certainly worth attention to ascertain the best methods of attaining a graceful and becoming air, gait, and deportment. Even all the value and interest that intellectual attainments and the most consummate beauty can impart to character are incalculably heightened by ease and gracefulness of deportment; but how often are the most consummate attractions marked by an awkward and an inelegant deportment: a want of graceful ease of movement and manner. A severe air and a haughty or majestic demeanor injure the effect of womanly beauty. Lucian represents the God of Love frightened at the masculine air of Minerva.

Consistent disposition or deportment of the person is at least as important to the concerns of life as consistency and propriety of language; indeed, it is more than questionable whether the former has not been found more generally successful in making favorable impressions: a well regulated, pleasing, and interesting gesticulation and demeanor tending to accomplish suddenly what would require time and a more intimate acquaintance to effect by the medium or intervention of language.

But the first thing to be considered, in endeavoring to acquire the best disposition in the deportment or carriage of the person, is the original intention and bias of Nature in the conformation and pliancy of the form:

“First follow Nature, and your judgment frame,  
“By her just standard, which is still the same.”

Each style of personal beauty has a distinct character: the deportment and carriage must therefore be adapted and bear affinity to the character of the form and figure. The air and demeanor becoming a Woman of delicate proportions—of a nymph-like ethereal form, and in the spring of life, would ill-become a woman in the meridian of life—of a dignified and majestic mien, and of large proportions. In ancient sculpture and painting, the forms and proportions of the features and the gesture and carriage differ according to the character represented and the

emotion wished to be excited. The form and proportions in the features of Juno, and her bearing and demeanor, are very different from those of Venus; those of Minerva from those of Diana; those of Niobe from those of the Graces. All, however, are beautiful, because they are all adapted with exquisite taste to the character the artists wished the countenance to express. Beauties of an undetermined character must regulate their deportment according to the rules of good taste and the peculiarity of their figures.

Another rule of importance to be observed is, that the carriage or deportment should not be overcharged; for as simplicity is the perfection of dressing, and the opposite style causes a deduction from personal appearance, so it is in the case of the carriage and demeanor. Neither should the deportment be stiff or constrained; the most graceful motions are of a flexible undulating description. The gracefulness of the serpentine and curved line of motion is well illustrated in the following line of Shakspeare, the poet of the finest taste in female charms.

“When you dance, I wish you a wave o’ the sea.”

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This department is the most important of what we believe to be a very important work. The author has approached the subject here treated of, with a full consciousness of the vital necessity of telling everything in a plain but delicate manner. Very many of the wretched marriages, that lead so often to hasty divorces, are caused by the fact, that neither the husband or wife, have ever been properly trained or instructed as to the duties and rational enjoyments of the state into which they had so rashly ventured. Many—alas, how many—of the poor wrecks, mental and physical, that drift through life aimless, purposeless, miserable, owe all their troubles to the fact, that their natural guardians never took the slightest trouble to warn them of the rocks and whirlpools, that so thickly beset the voyage of life. Habits are contracted during the plastic period of life, that become in after years as firm as marble. If parents and other guardians of the young, of both sexes, will but carefully read this portion of "Our Own Family Doctor," they will at once see how neglectful of the best interests of their growing families they have been; at the same time they will learn the most judicious methods of arresting the course of pernicious habits that leads as certainly to destruction and death, as frost leads to ice.

## FOR THE ESPECIAL PERUSAL.

### Of Youth of Understanding, as well as for that of Parents and Guardians.

It is our aim in this section to open the eyes of both the guardian and the guarded, so that they can clearly see what are the besetting sins of youth; and at the same time learn how to prevent the formation of evil and destructive habits, and how to conquer and cure them.

## COLDS.

### How to Avoid and How to Cure.

As the mightiest oaks spring from the tiny acorn, and the vast river from the smallest rill, so do the most serious and fatal diseases originate from the slightest cold. Hence the absolute necessity of being able to discover; by the first symptoms, the nature and extent of the complaint, and the remedies most simple and yet certain to effect a speedy and permanent cure.

## COMMON QUESTIONS ANSWERED.

Eating, Sleeping, Occupations, Baths, The Passions, Dress, Drinking, and Personal Beauty.

In this latter department are introduced not only all the well-known recipes and information, but all the very important *new discoveries*, which have rendered the toilet so powerful in increasing female loveliness and beauty.

Not only has the Author dwelt at length upon all the greater branches of the subject, but he has shown the effects, beneficial or hurtful, of many seemingly minor habits and indulgencies that go far to make or mar physical health and vigor, and to produce *ugliness* or *beauty* of face and form.

## MISCELLANEOUS. INVALUABLE INFORMATION.

### Consumption, Cod Liver Oil, Fatty Food.

Under this heading will be found a vast amount of information, such as could not be otherwise obtained if one were to search through an hundred "wordy" books on medical subjects. The result of all this careful and persistent research is rendered into plain common sense, so that any individual can make himself complete master of the whole subject, and take the proper means to prevent or arrest that fearful scourge of our race—*Consumption*.

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There will be found plainly set forth the very best method of preparing every kind of appetizing and strength-giving food.

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In this part of the work will be found the most extensive as well as the most correct collection of Prescriptions that have ever been gathered in one volume. This unequalled lot of Prescriptions is taken from the most reliable works devoted to this subject, collected from the recipes of our most celebrated chemists, or such as have been handed down in families noted for the possession of private recipes that have proved very valuable.

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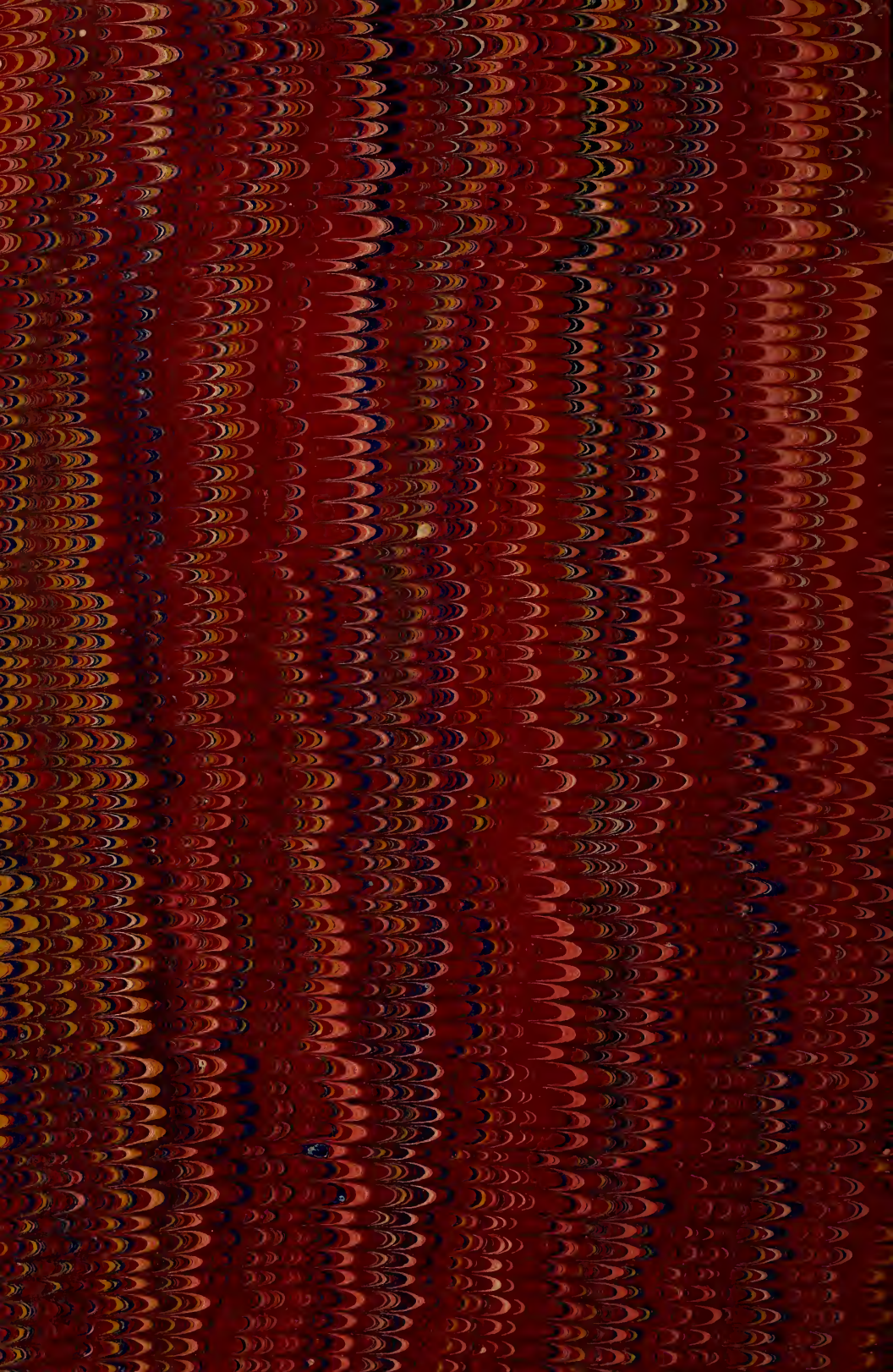


















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